

SOUTH AFRICA

FHM

MARCH 2018

**DARKFEST
2018
THE ULTIMATE
LINE-UP?**

IS PUMPKIN THE
ULTIMATE
APHRODISIAC?

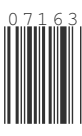
EXPLORE
DUBLIN

THE WORLD
IN 50 YEARS
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A MAN'S GUIDE
TO DRUGS

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BLOKE TEST?

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3 THINGS THAT WE ARE LOOKING FORWARD TO THIS MONTH

2018 SUPER RUGBY SEASON

17 February 2018 – 04 August 2018

The 2018 Super Rugby season is the 23rd season of Super Rugby, an annual rugby union competition organised by SANZAAR between teams from Argentina, Australia, Japan, New Zealand and South Africa.

PARK ACOUSTICS

11 to 11 March 2018

The monthly stage of Park Acoustics returns with a brand-new line-up of music and comedy.

Venue: Voortrekker Monument, Eeufees Road, Groenkloof 358-Jr, Pretoria

Time: 10am to 6.30pm

Cost: U6 Free | R15 Vehicle | R175 – R195

Website: www.parkacoustics.co.za

Facebook: Park Acoustics

Twitter: @parkacoustics

STARK RAVING MARK

28 February 2018 to 1 April 2018

Comedian Mark Banks returns in an all-new show with a difference.

Venue: Studio Theatre, Pieter Toerien Theatre, Montecasino, Montecasino Shopping Mall, Fourways

Time: Various

Cost: R130 – R180

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Email: info@computicket.com | info@pietertoerien.co.za

Website: www.pietertoerien.co.za

Facebook: Pieter Toerien Productions

Twitter: @PieterToerien

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IT'S GREAT TO BE A MAN

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Spoiler alert!
LOOK AWAY NOW IF YOU
DON'T WANT TO KNOW
WHAT'S IN THE ISSUE



THE BEST SARNIE EVER p36

Give your New Year diet the finger with the biggest, fattest, greatest sandwich on God's green Earth...



FHM Girlfriend: Tisha Linendoll p28

Our drop dead gorgeous cover girl who loves to spend time with animals in between modelling and keeping fit.



MCMANAMAN SPEAKS p22

He used to talk with his feet. Now he uses his mouth. And he wants to share his McManifesto for an even more Beautiful Game...



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FHM Girlfriend Lois tells us what she really thinks of the latest star-powered smellies designed to make you smell famous.

LETTERS

03/18

From around the globe

Wet dream

Here I am with a couple of my friends diving 30 metres underwater. Commercial diving training can be pretty boring at the best of times, so I decided to take a copy of FHM with me.

Michael Potts, via email

If you want to have a gander at Michael reading the mag underwater, check out the video on fhm.co.za.

Letter
of the
month



The naughty corner

This is the best corner in my house. It has everything I need: last month's issue of FHM (soon to be joined by this month's issue) and copious amounts of alcohol. Harry

Norm, via Instagram

We'll start sending food supplies so you never have to tear yourself away from that beautiful corner ever again.

Bucket list

After reading last issue's *9 Things You'll Only Ever Do Once In Your Lifetime*, I realised to my horror that, aged 23, I've completed the list. DIY haircuts, attempted self-fellatio (I let out a huge fart as I strained), and drunk purchasing of a novelty dildo. My sterling moment came when I was having sex in my shower - bath. I slipped and fell, slamming my head on the toilet and knocking myself out for three minutes. Moral of the story? Grow up!

Ben Walker, via email

Novelty dildo? We weren't even sure what that looked like, so we had a Google and now we have another thing we'll only ever do once in our lives.



Mini fan

When my boyfriend texted me to say that my relaunch issue of FHM had arrived in the post, I couldn't wait to get home from work and have a read. Turns out I was beaten to it - say hello to your newest (and cutest) fan, Will! S.

S. Wolfe, via email



Our Kelly

I just wanted to thank you all for the brilliant 2015 calendar. Melanie Iglesias, Rosie Jones and Michelle Keegan all feature highly on my to-wife list – but there was one omission I was particularly shocked by. How could you decide to leave out Kelly Brook, the sexiest woman in the entire UK? For shame, *FHM*.

Darren Walker, via email

We hope we haven't ruined the whole of 2015 for you already, Darren. Here's a snap of the beautiful Kelly Brook, just for you. You'll have to create a new month to fit her in though.

From the heart

You are like the sunshine so warm, you are like sugar, so sweet, you are like you... and that's the reason why I love you! If you love someone, put their name in a circle instead of a heart, because hearts

can break, but circles go on forever.

Gurdeep Singh, via Facebook

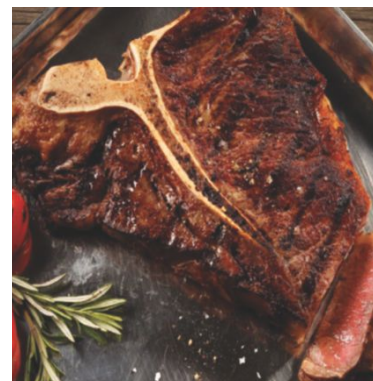
We might as well shut the magazine down right now guys, because we could never hope to write something as powerful as that. We don't deserve you, Gurdeep.



Iron man

I don't often iron, but I felt the work Christmas do deserved some level of care. However, my shirt would need to be transported in my bag to work, and who wants to iron something if it's just going to be at the mercy of an Eastpak? Then I had a brainwave, and asked Keeley very nicely if she'd look after my shirt in transit. Will you let her know it worked a dream? She was stiff as a board all day.

Michael McAndrew, via email



FHMManFood of the month

Congrats to @Thomasbrand86, who's won a crate of BrewDog Punk IPA and these words from resident FHM chef DJ BBQ: "Is there anything better than a big old T-bone? I think not. Two excellent - tasting cuts from the cow. And that bone! What? The sweetest, juiciest meat is right next to that bad boy. My favourite bit is getting all caveman and gnawing on it. Apologies @Thomasbrand86, I'm virtually eating your steak. Good work. Have some beers on us."

SHOW US YOUR MAN FOOD!

Every month, we select the greatest culinary triumphs that have been submitted on Twitter and Instagram and give the chefs some lovely booze for all their hard work. Are you the king of crisp sandwiches? Did you make incredible pulled pork last weekend? Then show us with the hashtag #FHMManFood for a chance to win.

FHM

Send us your letters...

Do you have something insightful to say about the magazine? Well tell us about it already!

SEND YOUR LETTERS TO:

✉ dirk@untapped.co.za | [facebook.com/fhmmagsouthafrica](https://www.facebook.com/fhmmagsouthafrica)

CAN PUMPKIN PIE TURN ME INTO A SEX GOD?

Find out which foodie aphrodisiacs really help you achieve sexual heroism...

➔ If you've watched one of Sir David Attenborough's recent nature programmes, you'll know that mating rituals in the wild put us guys to shame. Australia's male bowerbirds build their own love nest, complete with jewel-like trinkets to make his lady bird feel like the only lady bird in the world. Guy crocodiles will give a potential mate a neck rub to get in the mood. Male porcupines will drench a possible female in a hot stream of high velocity piss to, um, impress her? In contrast, on Valentine's Day, 700 000 men coughed up the R400 for a gourmet ready meal for two. Guys, we can do better. Now, we're not saying a romantic dinner isn't a great way to make your prettier half feel special, and help lead you both to some steamy action between the sheets. It is. In fact, we've relied upon food to get us in the mood for loving since forever. Even Hippocrates, the Greek father of modern medicine, noted that raw honey was a top libido booster. But of all the edible romance inducers, which ones are worth sticking on the menu and which are just hot air? We found seven foods that science boffs reckon possess the power to increase your dirty desires and persuaded an FHM guinea pig to chow them down to see what, if any, upped his heart rate to the point of sexual frenzy. We also brought along super pretty FHM Girlfriend Bryony to take notes and provide some A-grade flirting in a bid to make our readings more obvious (and make it a little less weird than a room of men waiting for another guy to report a tingling).

Heart racer and
FHM Girlfriend
Bryony



**BONER-POPPING
PUMPKIN PIE 70 BPM**

The claim: Just a whiff of one of the US's finest desserts will have us tearing at our trousers.

Our results: Our man's trousers could well have been on fire, but the rest of him seems to be falling asleep, with our first recorded drop in heart rate.

The science: The Smell & Taste Treatment and Research Foundation in Chicago said that wafting a fresh pie under a man's nose increased penile blood flow by 40%. We seem unaffected.

**SMOKING-HOT
CHILLIES 86 BPM**

The claim: Eating chillies mimics the human sexual response.

Our results: *FHM* guinea pig's runny nose and desperate gasps for milk made this a pretty odd 'sexual response'.

THE SCIENCE: This induced randiness is caused by chemical irritant capsaicin.

**ORGASMIC OYSTERS
84 BPM**

The claim: These bi-valve molluscs were gobbled up by notorious lover Casanova.

Our results: The slimy critters only muster a slight heart rate increase and a half-hearted smile.

The science: There's little science to support this aphrodisiac save for the high zinc content, which is proven to up a man's sperm count. We felt inclined to save the sperm count test for another day.

**A HUNK OF DARK
CHOCOLATE 91 BPM**

The claim: This Valentine's staple gives you the same high that you get after sex.

Our results: *FHM* guinea pig's feeling randy, with a rocketing heart rate and some unnerving giggling.

The science: Loads of libido-raising stuff is in this, including phenylethylamine, which causes the release of those 'I'm so happy' sex endorphins. We definitely saw them work their magic here. A real winner.

SWEET, SWEET HONEY 90 BPM

The claim: Hippocrates prescribed his Greek patients honey as a way to ramp up their bedroom mojo.

Our results: His ticker is beating like a happy hardcore bass drum.

The science: It contains B-vitamins and the mineral boron, ideal for bumping up your testosterone.

SALACIOUS ASPARAGUS 72 BPM

The claim: In 19th century France, grooms were served three courses of these green spears before their wedding nights.

Our results: *FHM* guinea pig's heart is unchanged, and he seems more interested in pretending he's holding a long floppy cigar than noticing our sexy assistant.

The science: Not a great deal. Experts claim that asparagus gets the human mind racing with its 'phallic' shape. But in our books if this reminds you of your willy, you shouldn't taking your kecks off for anyone but your GP.

**TROUSER-TIGHTENING
MACA 76 BPM**

The claim: Revered as a herbal Viagra in Brazil, where over a third of OAPs are still doing it three times a week.

Our results: Opening this bottle of pills released a whiff akin to your nan's living room, potent enough to kill any boner in a 30 kilometre radius.

The science: Not clear, with so many reports stating it's a winner and many completely refuting its sexy claims. All we know is, we saw zero effect. Oh, and maca is used as a laxative, too...

*FHM guinea pig and work experience guy Mark, 26.
Resting heart rate: 72 BPM*



BREE LEIGH

A natural beauty with a passion
for fitness and her beloved pets.

You can follow me on:

IG: @breeleighig

Snapchat: @breeleighsc

Facebook: Bree Leigh

Website: <http://breeleighmodel.com>

**Quick facts:**

Bra: 32 C
Height: 5'4
Weight: 108
Eye Colour: Blue-Green

Tell us a bit about yourself, Bree.

I have been modelling for several years. I am a Canadian model, mainly working around the greater Toronto area. Modelling has always been a passion of mine, when I am in front of the camera I feel a positive vibe and natural feeling as if that is where I am supposed to be.

About me

I was born in Hamilton, Ontario. I live with my two amazing dogs Capone and Skylar. Skylar is a hurricane Katrina Survivor, and Capone is an old English Bulldog that I've had since he was a baby.

My hobbies and interests

Fitness - I love to stay active. The great outdoors, I love camping and fishing, I find the outdoors incredibly relaxing. Also my two dogs, Capone and Skylar.

My goals and career ambitions

My career ambitions are to be positive and keep going - I always want to improve.

Who inspires me

Carmen Electra.

My favourite quote

S.T.O.P - Stop. Think. Observe. Plan

Turn on

A man who respects women and is kind.

Turn off

A man who is ungrateful for what he has.

The perfect date

A nice, peaceful beach dinner.

My girl crush

Carmen Electra.

My favourite food

Ice Cream.

My biggest fear

Being locked in a box.

One destination I'd love to visit

Dubai.

I'm not embarrassed to say

I am secretly a huge COD player.









01

Lessons in love

Let Kevin Hart woo you a lady

● Brilliant comedian-turned-actor Kevin Hart is here to help. When you're trying to hit on a lady, it's great to laugh at yourself a little he teaches FHM. Say what she's thinking and be a little self-deprecating. Like, I'll say, I may be small, but I've got a big heart, you see? But don't be too sensitive. Don't be the guy throwing a coat over a puddle for a girl. Now to put eight romantic comedy romance clichés to Kev to see if the movies really can teach how to fall in love.



Fill her room with cuddly toys

"Yeah, I've done something in that ball park before. It's a good one, and I can honestly tell you, girls love that sort of thing."

Buy matching t-shirts

"Uh huh, I've done this too. It's fun, and you can laugh together which is always a bonus."

Serenade her

"You can make a serenade manlier if you're playing the guitar at the same time. As long as you can do that, that's all good. Man, I wish I had that skill in my repertoire."

Write a love poem

"A poem? That's all good. Just don't get too soppy with it. When you start writing stuff like, 'You make my bones ache when I think of your booty shake,' that's when you know you've crossed the line."

Create a photo collage

"Ha, I've done this too! You need to remember it's a great memory piece. You're taking her down memory lane, so you shouldn't get too soppy with it."

Arrange food to spell out love message

"I'm on the fence with this one. I mean, how long is the message? It's got to be short and sweet, or the cholesterol will kill her."

Send love texts through the day

"No, if you do that you're not romantic, you're just annoying."

Shed a tear after sex

"Jesus no, no, that is not acceptable. As a man, I'm telling you a man should never cry."

02

Ask if electricity is removing the balls from motorsports

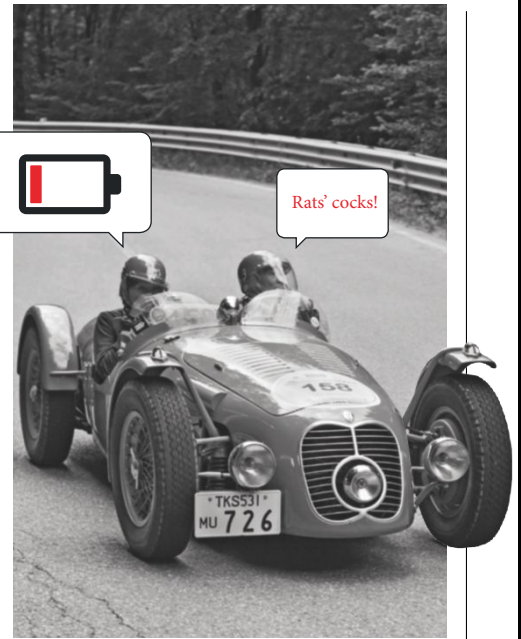
New sports

● We may have closed out the last F1 season in patriotic style, but there's a brand-new super-charged motorsport on the circuit, one that's still revving up speed fans through to mid-June. Formula E, the world's first fully-electric racing series that's halfway through its first season, isn't just causing shockwaves in the Formula 1 world, it's strapping electrodes to its gonads and sending a seismic pulse through them.

F1 may have been flirting with electric power since 2009, but the fledgling championship sees a full-on committal to all-sparky engines. Critics bemoan the distinct lack of grunt in Formula E, with top race speeds at a 'dodderly' 130mph compared to the insane 200mph-plus records smashed in F1. But even the fastest lap in F1 can't stop its slow decline, where it's now lacking much on-track competition, and in-fighting is rife.

Meanwhile, Formula E is fast(ish) gaining a rep for innovation among genuine race fans. It's a hit with the tree-huggers among us, and the eco technology is evolving on a race-by-race basis. But the most tempting element is the level of fan interaction afforded to FE-lovers. The 'Fan boost' app allows spectators to vote for their favourite driver, with the most popular three being awarded an extra 30kw to use for five seconds per race.

Now, the glitz of Formula E could be coming to an Asda car park near you. While F1 relies on sweeping shots of yacht-owning billionaires quaffing champers in Monaco, FE takes a one-day race format to city centre circuits, with the final race of the year screaming around London. It remains to be seen whether Formula E will give F1 a run for its vast mountain of money, but it's not running out of charge any time soon.



03

End of Days

Prepare for another zombie uprising

● When the zombie apocalypse finally does arrive, how many of us will have shotguns, and giant chain guns to defend ourselves with? Luckily, your home is filled with weapons to effectively dispatch the walking dead...

WEAPON	AS SEEN IN...	EFFECTIVE AGAINST...	UNDEAD ATTRIBUTES...	DIFFICULTY LEVEL...	INSTRUCTIONS FOR USE...	CHANCE OF SUCCESS?
Morrison's plastic shopping bag	28 Days Later	Running Holy Man Zombie	Identical to Father Jack from <i>Father Ted</i> , but loads faster and deadier.	Beginner	Fill your bag with tinnies and swing directly into your Man Of God's skull.	Promising
Dire Straits vinyl record	Shaun of the Dead	Greenfingers Zombie	Attracted to gardens, appearance of drunkenness, may want 'a cuddle'.	Intermediate	Dust off your beloved vinyl and channel your inner pro Frisbee skills.	Low to medium
Magnum	Resident Evil	Lumberjack'n'Sack Zombie	Wears potato sack over face, loves to chop things into bits with a chainsaw.	Psycho	Unwrap Magnum, load with Magnum bullets, point at sack head and fire.	Slim at best
Lawnmower	Braindead	Monkey Rat Zombie	A special type of zombie infected by the Sumatran Rat-Monkey virus.	Expert	Attach lawn mower to chest, fire up, avoid getting undead head guts in mouth.	High to perfect
	Dead Rising	Mall Rat Zombie	Like shopping malls. Look for top bargains on microwaves and 2-for-1 pasta sauces.	Expert	Find your old Xmas bingo ball, attach battery, roll into crowd of zombies.	High to perfect
Make-up remover	Music videos	Rob Zombie	Long hair; loud singing voice; rock band in tow; 460k Twitter followers.	Intermediate	Apply make-up remover to Rob Zombie's face, reveal normal human being.	Can't fail



IS THE INTERNET TURNING US INTO GHOULS?

From real-life murder in *Serial*, to people being beaten to a pulp on YouTube. Why are we getting our kicks from extreme brutality?



How much time needs to pass before something unpalatable is fair game for entertainment fodder? There may well exist descendants of Jack the Ripper's butchered victims who find the £200 price of a ticket to tour east London's most infamous murder haunts a bit of a rum deal. Similar

accusations of ghoulishness are levelled at the millions of fans who listen to the real-life murder podcast *Serial*, which came to a climax at the end of 2014. The premise was a simple one: American journalist Sarah Koenig was to investigate the alleged wrongful conviction of Baltimore man Adnan Syed - jailed in 2000 for

the murder of High School student Hae Min Lee. Much like a HBO drama or MasterChef, the series was to be broadcast on a week-by-week basis as new facts came to light, peppered with star witness interviews, cliff-hanger endings and a direct line to the convicted killer himself - still holed up in a Maryland correctional facility. The series was 2014's undoubted sleeper hit - sleuthing its way to number one in the podcast charts worldwide, spawning spin-off podcasts, and earning itself a place in the "Pop Culture Hall of Fame" along the way, with all the Twitter hashtags and gaudy BuzzFeed articles [Fig.1] you could shake a selfie stick at. But among the Serialapalooza were, and still are, niggling voices of concern that such widespread synthetic hype and entertainment can be extracted from the murder-by-strangulation of a 17-year-old girl. Which poses the question: is it weird to like entertainment based around very real, very violent crime? We're all rubber-neckers by nature. It's why most post-accident queues aren't caused by blocked roads, but by people slowing down to catch a glimpse of the wreckage. It's why Mail Online - the world's most-read online news source - often sees currency in using the most graphic imagery to illustrate horror stories. Why grizzly segments of the Oscar Pistorius trial were repackaged into bitesize Archers-like segments [Fig.2]. Why it's seemingly okay to post beheading videos on social media, but topless images are still a no-no on Facebook. And it's also why the likes of The Pain Olympics and World Star Hip Hop (with millions of daily hits) serve to satisfy the

online community's insatiable appetite for videos of men having their faces and testicles pulverised. The truth is, we humans possess a morbid fascination with the macabre and we always have done. It's just so much easier to share in 2018. Serial is no different from the forensic examination of Baltimore's '80s murder pandemic in David Simon's 646-page masterpiece Homicide. Like in Serial, the suspects, victims, witnesses and officials named in Homicide are all real people, and at times their testimonies and personalities are poured over, picked apart and challenged. Both David Simon and Sarah Koeing serve to bring the grim, extraordinary and often misrepresented realities of murder into our very ordinary lives. The reporting is always responsible and respectful of those who decline to be involved. In that vein, it's no different to, say, a Radio 4 programme on The Yorkshire Ripper or a YouTube documentary on Mexican murder squads. The difference is in how the messenger has changed. Whereas 20 years ago a news reporter might hold back on reporting the graphic details of a terrorist atrocity, we now have instant access through Twitter, to ISIS videos of beheadings. Likewise, where real-life horror was repackaged for entertainment purposes, it was restricted to grubby magazines and illegal snuff films that would have caused national outrage had there been a whiff of mainstream about them [Fig.3]. Yet this is all stuff that you can gleefully ask Siri to find pronto for you in 2018 (although we wouldn't recommend doing that in Mugg and Bean while researching an article for FHM). As

a result, we're all a bit more desensitised to the horrors of the world. The murky waters of the internet are making it ever more enticing for very normal people to immerse themselves in very unfamiliar, often unpleasant territory, and it's even impacting on our very own judicial process. In 2012, a juror in a trial at Luton Crown Court was jailed for six months after undertaking a spot of online sleuthing into the grizzly details of her case as a result of being dissatisfied with the direction the prosecution was taking. The popularity of podcasts such as Serial will undoubtedly have an effect on criminal justice, just in the way that shows such as CSI have had an unprecedented influence (the so-called "CSI effect") on the expectations of jury members. A "Reddit court" also sprang up in the wake of the 2013 Boston bombings, in which evidence was gathered and exchanged, and a shortlist of "suspects" where publicly identified by the online community [Fig. 4]. All were totally innocent, it transpired. The law may be an ass, but the internet is potentially a total wanker. I have a startling confession to make about Serial: I think much of it is pretty boring. Forensic. Probing. At times irrelevant. But such is the nature of a criminal investigation, as Sarah Koenig frequently points out. It's not weird to be interested in a story that potentially unearths a miscarriage of justice, nor is it a crime to occasionally cave into human nature and get over-excited about the results of an autopsy, or whatever. And, who knows, had the Whitechapel of 1888 been as full of tech-savvy sleuths as it is today, they might even have foiled Saucy Jack.



Fig.1

At the time we went to press there were 12 separate BuzzFeed articles about Serial. O, M and indeed G.



Fig.2

Media monitoring group Data Driven Insight reported that over a nine day period the Pistorius trial generated 750,000 news stories worldwide. More than the World Cup.



Fig.3

Hard to imagine this guy causing as big a furore now --The Texas Chainsaw Massacre was banned upon its release in 1974.



Fig.4

Reddit had to apologise to the family of Sunil Tripathi, a missing teenager, who the website wrongly identified as a "suspect" in the Boston bombings. Tripathi had in fact killed himself.

WHAT WILL THE WORLD



Kristy, 20, Gauteng

"It'll be less green and there will be horrendous smog everywhere."



James, 22, North West

"There will be loads of pictures of me everywhere, and I'll have all the money..."



Katie, 21, Gauteng

"Well, I'll own the world by then, so it'll be amazing. And hopefully they'll develop sustainable energy."



Hannah, 22, Limpopo

"I'd like it to look like it does in the video game *Mass Effect*. I'm hoping the Turians will invade."



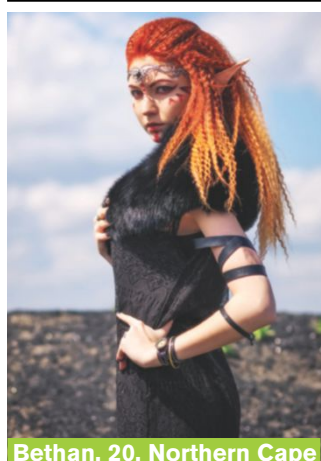
Terri, 23, KwaZulu Natal

"In 50 years? Pretty similar to what it is now. It's not that long a time."



Emily, 23, Limpopo

"I'm from originally from Durban, and I presume that part of South Africa will have completely disappeared into the sea by then."



Bethan, 20, Northern Cape

"They are building a massive shopping mall close by, so hopefully that'll still be good."



Charlotte, 22, Eastern Cape

"I imagine it'll be depressingly overcrowded with not a lot of greenery left, but at least we'll all be riding robots."



Olivia, 19, Western Cape

"Zombies everywhere. Loads of them. I don't know how I'll deal with them, I haven't thought it through yet."



Penny, 21, Gauteng

"It'll look exactly like it does in *Fallout 3*. I'll embrace the apocalypse. I'll do well in it, I've got weaponry."



Danny, 26, North West

"There will be huge breakthroughs in science. And then a giant robot apocalypse."



Frankie, 25, Free State

"It could be like the *Come the Apocalypse* episode of *X-Men: The Animated Series*."

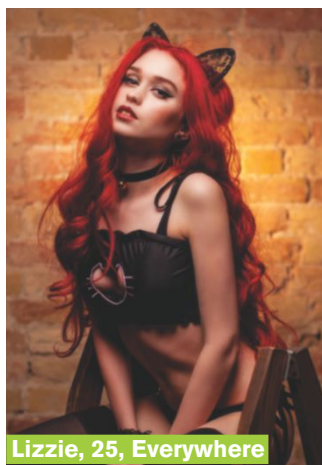
BE LIKE IN 50 YEARS?

We grill Japanese culture enthusiasts on what lies in store for the planet.



Rich, 23, Limpopo

"Sadly, really industrialised. I don't want to stall advancement, but it might be nice to regress a bit."



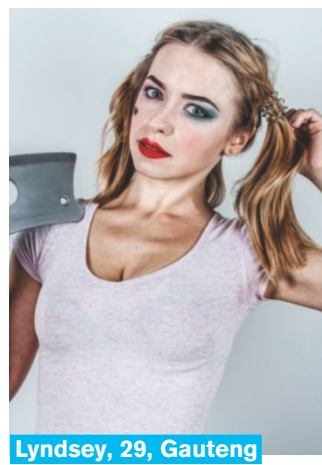
Lizzie, 25, Everywhere

"I'm holding out for robot legs that look like my own. And maybe they have adjustable built-in stilettos."



Lucy, 27, North West

"I have a foolproof plan for the zombie uprising. I'm a vet, so I'll become the medic."



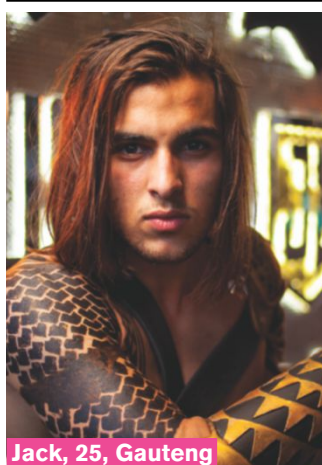
Lyndsey, 29, Gauteng

"Further technical advances and collapse of society ending in a kind of giant dystopia. Nothing cheery."



Jon, 30, Gauteng

"I'd imagine a lot of countries will fall apart and new ones will form."



Jack, 25, Gauteng

"Hopefully exactly like it looks in the anime film, *Ghost In The Shell*."



David, 22, Gauteng

"Anything you want to use, you'll just have to poke it. There'll definitely be twice as much pop music, too."



Christian, 30, Limpopo

"We may find cybernetic integration with humans, where AI becomes self aware and self-sufficient."



Alice, 20, KwaZulu Natal

"We'll all be dead. I think global warming will have consumed us all by then. Sorry to be grim."



Tom, 19, Western Cape

"Corporations will take over society completely, and everyone's lives will be completely ruled by them."



Jenna, 26, Northern Cape

"It'll be really dead and apocalyptic. Really, really dead. There'll be zombies driving flying cars everywhere."



Laura, 29, Limpopo

"Anime will be the world's dominant art form. It's exploded over the last 10 years – think what it'll be like in 50."

EFC 67

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KEITH HO
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KABESA VS ALLEN

FEATHERWEIGHT CHAMPIONSHIP

SATURDAY 10 MARCH

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KWESÉ SPORTS

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ELIASOV VS PENCO

WOMEN'S STRAWWEIGHT CHAMPIONSHIP

CARNIVAL CITY, JHB

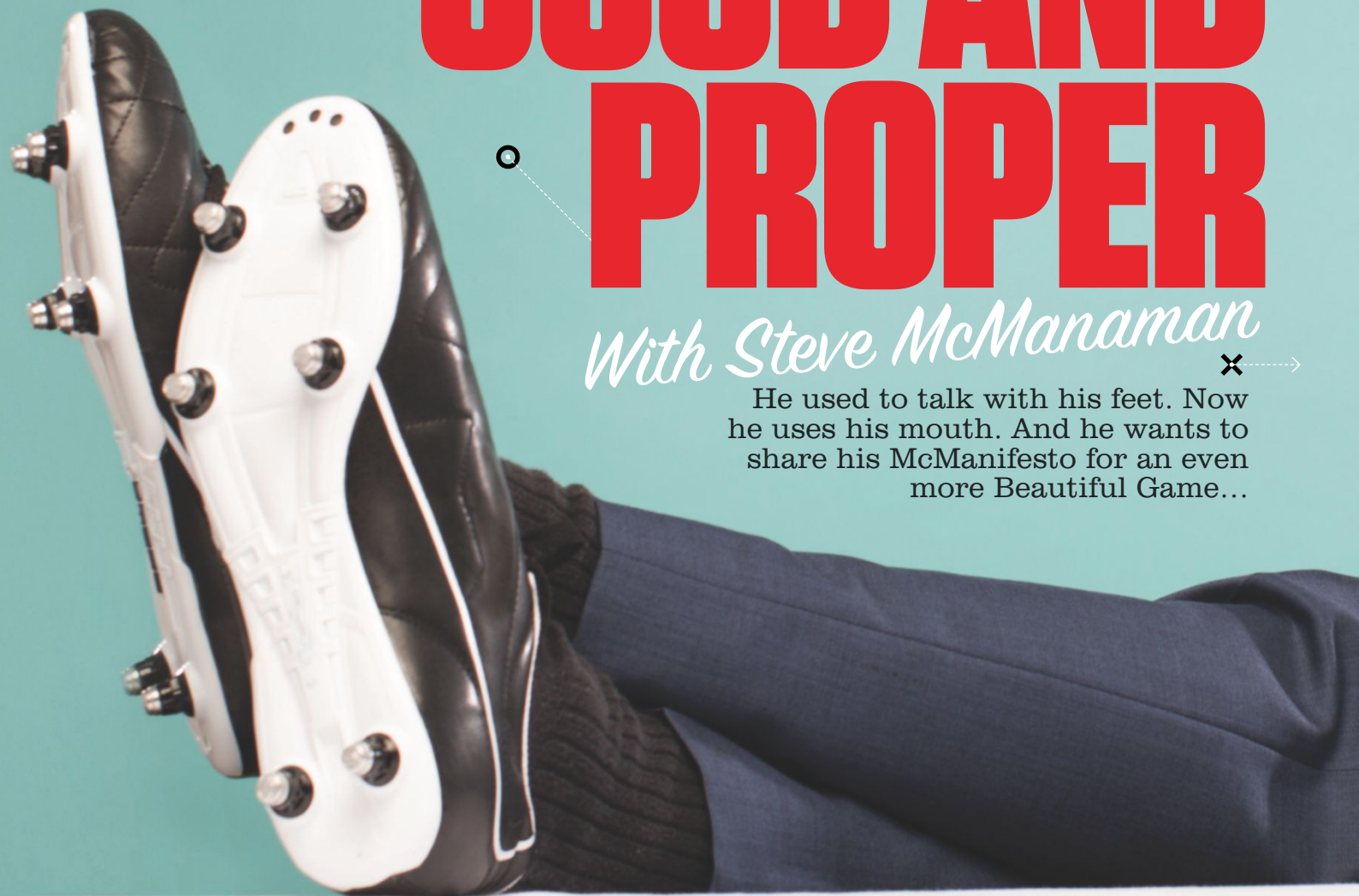
ACCESS



HOW TO FIX FOOTY GOOD AND PROPER

With Steve McManaman

He used to talk with his feet. Now he uses his mouth. And he wants to share his McManifesto for an even more Beautiful Game...



Words: Matt Blake Photography: Dan Medhurst



When Patrick Kluivert scored for Ajax in the 1995 Champions League final, he described it as a rush of "pure ecstasy".

Arjen Robben did it in 2013 and saw his "whole career" flash before his eyes. And for Internazionale's Diego Milito in 2010, it was the moment he realised "anything in life is possible". But when you ask Steve McManaman how it felt, he draws a blank - he simply can't remember. "I don't know how I felt to be honest", he squints, as if blinded by the darkness of his own memory. "I suppose it must've felt good. I certainly look pretty happy in the photos, don't I?" Can it be true, that he has forgotten his wonder-volley that helped Real Madrid beat Valencia 3-0 to win the Champions League in 2000? Can he really not recall what must have been the single most important moment of his career? "It was so bloody long ago", he shrugs nonchalantly. "I just can't really remember". Then his frown dissolves into a smile, and he chirps, "It'd be brilliant if I had a memory, wouldn't it?" Steve - or "Macca" if you're either his friend or from Liverpool - is wearing a three-piece tailored suit in navy when we meet him in a hotel on the outskirts of Manchester. He looks intimidatingly sharp - the polar opposite of those dazzlingly-uncool cream Armani suits he and his Liverpool teammates so-confidently wore ahead of the 1996 FA Cup final. Needless to say, they lost that game. He speaks a bit like he played, bearing down on you with fearsome pace, weaving in and out of sentences before you've time to cut in. He is intelligent, articulate and very scouse. He crosses his legs and leans back in his chair with the air of a man Who's Made It. And why shouldn't he? This is a man whose career has reached pinnacles most footballers could only dream of. Not only is he a Liverpool legend, lauded across Merseyside for his mazy runs and pinpoint passes over nine years at the club, but a European one too. As the owner of two Champions League winners' medals and two La Liga titles during a four-year stint with Real Madrid, he is English football's most-successful foreign export. Pele himself hailed the floppy-haired playmaker as Europe's most talented footballer after his electric performance for England at Euro '96. Upon retiring from the game, he glided into the world of punditry and is now BT Sport's most-respected voice on football. But in modern punditry's depressing quagmire of predictable opinions, in-jokes and Malaga tans, Steve is one ex-player who isn't afraid to put his head above the parapet. Small talk over. We are sat in a bland business suite, watching Steve play out tactical football formations on a table with a cookie, some

cups and a sugar shaker. He clearly still lives for football, so we want to know what he would do to make the Beautiful Game that bit more beautiful. Steve was born an Everton



GIVE FOOTBALL BACK TO THE FANS

fan. For him, growing up in Liverpool in the 1980s, supporting his local team was easy. "I remember going to Everton as a lad", he recalls. "I was a junior Evertonian and there was a turnstile for under-16s to go through. We had a little pass and it was R50 to get into the game. It was very accessible to go in those days. Not now. Now, being a true fan is next to impossible." The problem? Corporate greed. "The kind of money clubs are getting from TV and sponsorship deals nowadays is phenomenal", he goes on. "Unfortunately, that has not brought ticket prices down. Instead, a family trip to Arsenal or Chelsea in London - when you take in to account the tickets, travel and food - will cost more than your average working-class dad will earn in a week. So, fans are turning their backs on matches. The question we need to be asking is, where's that money going? Straight into players' pockets, presumably". The was once a time - a simpler time - when footballers were people too. They didn't drive army camouflage-coated Bentleys, shoot interns with airguns or take selfies while



REIGN IN PLAYER WAGES

wiping their arses with cash. No, they drank pints and ate pies and cycled to work. "I think in a lot of areas players are being paid too much money", says Steve. "Some earn so much that they've lost the hunger - they don't actually need to play to enjoy a good lifestyle. At 16, you shouldn't have a nice car and a nice apartment - you should be desperate to get that car or apartment and be prepared to work for it." When Steve joined Liverpool as a fresh-faced 15-year-old, his first job of the day was to clean John Barnes' muddy boots - a task, he says, that made him the man he is today. "I was paid R400 a week to clean Barnsey's boots, pump up balls, wash smelly kits and clean the Kop every morning", he says. "I'm not going to lie, at the time I thought it was rubbish. But I look back on it now with

nostalgia. I spoke to John every day, he'd say, "Get me this, get me that". I was servant to the best player in the country".

By 17, Steve was training with the first team, in the shadows of stars like Barnes, Alan Hansen and Peter Beardsley. "I was desperate to learn everything I could, watching players of my position in training, sitting on the players' bus listening. Things are different now. Some of these kids are on so much money now, they think they're kings of the world." We cannot hold our tongue. Wasn't Steve himself one of Liverpool FC's infamous "Spice Boys" - a group of fashionable young players, including Robbie Fowler and Jamie Redknapp, famed as



STOP THE PRESS. NO. REALLY STOP THEM

much for "booze, birds and BMWs" as they were for football? At the time, he was even managed by Spice Girls guru Simon Fuller. "The whole Spice Boys thing was whipped up by the press and wasn't anything like as bad as it seemed", he protests. "There was all this talk of hard partying in London, but I never did that - I used to stay up north all the time". Then there were those cream morning suits that made the team look more like bouncers at a Christian nightclub than elite sportsmen (he agrees they were "atrocious"). And what about the now-infamous "Dentist's Chair" drinking binge, in which a handful of England players, including Steve and Paul Gascoigne, were photographed guzzling booze in a Hong Kong bar ahead of Euro '96. "The pictures were absolutely appalling", he concedes, "but the saddest thing about it was that I was stone cold sober. I think we were out celebrating Gazza's birthday and, you know, something stupid happened. I think I did get in the dentist chair but for about two seconds". Cue calls for fines, sackings and puce-faced indignation as the right-wing press plunged face-down into a puddle of its own outrage. "The papers had a field day over that", he recalls. "I came back from that trip and was blamed for wrecking one of the plane seats, which I didn't do. We made an effort not to talk to the press after that." Steve doesn't give many interviews - even now he no longer plays. He feels burned by headline hungry hacks who he reckons have ruined sports news for everyone. "Back in my day, you'd see a journalist in a bar, he'd buy you a beer, you'd have a moan, he'd have a moan and you knew it would all be fine. There was a mutual trust. But the chase for the headline's got to the point where you'd



**"THE WORST I GOT
FROM THE
SPANISH PRESS
WAS BEING
COMPARED TO
NICOLE KIDMAN"**





“SOME OF THESE KIDS ARE ON SO MUCH MONEY NOW, THEY THINK THEY’RE KINGS OF THE WORLD”

“I wanted to play Champions League football and, in those days, only the top teams from each league got in.” Within a year, he realised that dream, becoming the first English player to win the tournament with a foreign club. It was in the 67th minute of that game that he scored that outside-of-the-boot volley that every

“Madridista” remembers but him. Two years later, he won it with Real again. Over four years in Spain, he also won La Liga twice, making him the most decorated English footballer to have played abroad, with UEFA itself stating that “of all England’s” footballing exports in the modern era, none was as successful as McManaman. With more players than ever moving overseas to taste the foreign game - most recently Frank Lampard to New York City FC, Ashley Cole to Roma and, of course, Gareth Bale to Real - Steve is keen to laud the benefits of a broader playing horizon for English footballers. “Every player should play abroad if they can, so long as their family circumstances don’t get in the way”, he says. “I loved everything about Spain - the way of life, eating late, the siestas, learning the language - it suited me down to the ground. Not only that but I had the opportunity to play with some of the best players of all time, such as Zidane, Figo, Raul and Ronaldo.” Though, it did at times, he explains, feel like a travelling circus. “We must have visited a trillion countries on the pre-season tours, hardly ever training, just waving and smiling and signing autographs like Mickey Mouse and Friends”, he says. “But that’s the business of modern-day football I suppose”. It was also in Spain that Steve learned the ugly side of football. “Diving has

pick up the paper the next day and it’s completely not what you said.” He gets increasingly animated. “The British press always want action; they want a player dropped, they want a manager sacked. It just festers and I’m sick of it. So now nobody speaks to anybody anymore - that’s why interviews you read today are so mundane and boring. You’d might as well not bother interviewing players at all anymore.” Steve suffered no such negative exposure in the Spanish press after he signed for Real Madrid in 1999 on a free transfer from Liverpool. On the contrary, the media there loved him and took every



MORE PLAYERS SHOULD PLAY ABROAD

opportunity it could to put his name in print, whether he scored a goal or had a haircut. “The worst I got from the Spanish press was being compared to Nicole Kidman which didn’t bother me at all”, he laughs. “She is a very beautiful woman.” Indeed, the move turned out to be the best of his career. “My decision to go to Spain was simple”, he says.



TACKLE DIVING ONCE AND FOR ALL, WITH TWO FEET

infected the game in some parts of the world and it needs to be stopped - I hate it, you hate it, she hates it, he hates it”, Steve rants,

jabbing his finger at a couple walking past the window outside. "I don't think it's so bad in England. Yes, it happens, but when it does, you are instantly vilified when you do it - look at Ashley Young, Cristiano Ronaldo, Gareth Bale. But in Spain they are given the slightest touch and they fall over. It's cheating and it's embarrassing. If I were a manager I wouldn't



LET MANAGERS MANAGE

have it in my team." The football manager was once a terrifying bastard; an ironman of the dugout who stood on the touchlines bellowing, spitting and casting fear into the hearts of players and fans alike. He didn't just command respect, he personified it. Then something strange happened with the birth of the Premier League. He became a figure of public scrutiny; a chew toy for a ravenous press pack forced to squeak with every squeeze. Now his job seems more of a televised public performance and his social life one endless press conference of excuses. "I often think to myself, it's a strange old time in football at the minute", says Steve. "The pressure on managers is complete nonsense, utter madness. You used to get more time. But nowadays you lose a few games and there's a chance you are going to get sacked. Banners in the crowd, papers calling for your head. I don't like it. It's disrespectful. And it's happening too often. I used to want to be a manager when my playing career ended. Now, I wouldn't do it for all the money in the Premier League, let alone the world".

Suddenly Steve looks at his watch. "Is that the time?" he cries. "I've got to go and pick up the kids. The wife's away and I'm on school run duty. I've got a carol concert to go to in an hour. And then I've got to get back, bath the other kids and put them to bed". As he stands up and dusts down his suit, we wonder if he tells his children of his career and his travels. We wonder if they are impressed with what he's achieved. "Nooooooo!" he snorts. "My kids are eight, five and two. They're still young. I actually had them when I stopped playing football, so they don't remember me as footballer. But I'm not that bothered to be honest. I have to go". Well, your kids may not remember your playing days, Macca, and nor may you; but we do, whether you like it or not.

MACCA'S LIFE IN PICS

Sure, we've found out he has a terrible memory, but hopefully these photos from the past will help...



LEAGUE CUP

"That was when I was a baby in '95, that was. We'd just won the League Cup at Wembley. We won 2-1 and I scored them both. So, it was really important to have scored twice at Wembley. And in my right hand is the Man of the Match trophy. That was a great day."



FOWLER COKE CELEBRATION

"Robbie had got a lot of stick from the press for his alleged partying and decided to simulate snorting the touchline. He regrets it. It was silly. I picked him up because I could see what he was doing was wrong. He got fined thousands of pounds. He'd taken so much abuse that day, I think he snapped."



DENTIST'S CHAIR

"Gazza had just scored a wonder goal against Scotland in Euro '96 and clearly wanted to wind the press up a bit more after they mauled us for the dentist chair pictures in Hong Kong a few weeks earlier. Of course, you're supposed to have three bottles, which is why Teddy Sheringham and Gary Neville all joined in. We could only find one water bottle. Still, we thought it was funny at the time."




CHAMPIONS LEAGUE WINNER

"Have I got chewing gum in my mouth there? Honestly. Don't know where I got that from. But I look happy. In fact, I do remember feeling happy after the game. I'd just won the Champion's League for crying out loud. I was showing off my medal saying 'Look at what I've just won'."



"There's Nicolas Anelka getting out of the way, there. And look at the right angle of my leg [laughs]. What tekkers! It was a really nice goal, actually. It wasn't the greatest goal I ever scored, although it was pretty good, but it was certainly the most important."

A full-page photograph of a woman lying on her stomach on a sandy beach. She is wearing a turquoise-colored bikini with thin straps and a small bow detail. Her skin is tanned and appears to be covered in a light layer of sand. In the background, there are dark, jagged rocks and the ocean with white-capped waves under a clear blue sky. The text is overlaid on the upper half of the image.

FHM

Girlfriend

TISHA LINENDOLL

Our drop dead gorgeous cover girl who loves to spend time with animals in between modelling and keeping fit.

Photography by Brian B Hayes Published by 971pr





**Tell us about yourself**

I've recently relocated to Dallas from Chicago and have a new appreciation for warm weather. I've always felt that I would eventually reside in a place with sunshine and palm trees, so I couldn't be happier! I'm extremely active and love to work out. I've recently found a new passion in running too. I'm very engaged in supporting pet shelters and animal conservation. In life I value a great sense of humour, smile a lot more than I do in my pics and quite honestly own more bikinis than any one person should own.

What was your initial reaction to being chosen?

Words just cannot describe how excited and flattered I felt to be chosen for FHM! I'm a huge fan and the feeling is incredible. Seeing your image on the cover of a magazine is surreal... a total dream.

How do you prepare for a shoot?

Preparing for a shoot brings on a variety of emotions - from stress to excitement - but mostly excitement! I increase work outs and focus on adding a lot of fresh fruits and veggies to my diet. I also increase my water intake. With my skin and bloating in check there's time for splurging on sweets after!

Describe your perfect man.

I love a man that can make me feel special. I'm very affectionate and communicative so I look for that reciprocation in my partner. My perfect man needs be supportive, fun loving, genuine, chivalrous, ambitious and, most importantly, my best friend. I'm a lucky girl and got to marry my perfect man this past year.

What is your ideal date?

My ideal date depends on the circumstance, if it's a first date an activity would be ideal. I feel like first dates always bring about a lot of nerves so having something fun to break the ice takes the pressure off. When you're at a relationship's sweet spot and looking for something special, there's nothing sexier than a romantic beach date in an exotic location. All fancy dates aside, I'm a big fan of movie nights at home with pizza. At the end of the day it's more about the person than the date.

What do you do for fun?

There's definitely a variety of things I love to do for fun. I am so passionate about fitness. I enjoy working out, tennis, martial arts and running. I know that they don't sound like much fun, but I love activity! I also enjoy volunteering at local animal shelters and spending time with my pets. Travelling is a passion as well, I've had some amazing experiences this past year. I'm hoping the Exumas are next on the list - I want to see pig island!

Embarrassing moments?

I was in a "new" relationship and his parents had invited us for the weekend



to their beautiful lake house. Due to it being a multi-day affair, I brought my beloved dogs with me. Long story short we were all to meet downstairs for a family breakfast, which I could not attend because my “nervous nelly” dogs had made an “accident mess” out of their guest bedroom. After much cleaning, I finally made my way to the table. Not only had my date not told them what had really happened (which turned out to be pretty funny later that day), he managed to give them an explanation that was even more embarrassing.

What would you say is the most difficult part of being a model?

There are many things about being a model that can prove difficult. On a personal level, I feel as though it can lead to some insecurities - comparing yourself to others

and sometimes struggling with self-acceptance - an issue not far off from that initiated by social media in general, models can be no exception. Although there is a lot of positive feedback, there is also a lot of negative feedback when you put yourself out there, so you need to have thick skin. With that being said, it all comes down to being okay with you; that's all that really matters. Any negativity or setbacks aside, the opportunities I've had in modelling have meant the world to me and I wouldn't trade them for anything.

What are you most looking forward to doing this year?

This past year I've put a great deal of my time and energy into a screenplay that's very close to my heart. It's a true culmination of everything I'm passionate about. Having the opportunity to write

and bring something meaningful to life is so inspiring to me. This year, I most look forward to what the next chapter of this brings.

What is your life motto or a quote that means a lot to you?

If you don't succeed try, try again. It's simple and true, along the same lines as “if there's a will there's a way”. Two years ago, I was working a job to get by, not my true passion but what I had to do. I never gave up working towards my dream of writing, acting, and modelling. Two years later, I've had modelling opportunities I would've never dreamed and have written a screenplay for a feature film. I've had every reason not to pursue my dreams, but just couldn't bring myself to quit. I truly believe the only way you will not achieve your goals in life is if you quit. So, don't!









THE BLOWOUT PHILLY

CHEESESTEAK SANDWICH

Give your New Year diet the finger with the biggest, fattest, greatest sandwich on God's green Earth...

DJ BBQ SAYS...

"Diets are for suckers. Gyms are boring, diets are boring, not having fun is boring. Man, life's too damn short not to indulge in the radness food has to offer every now and again. You've got to enjoy your time on this planet, and I never once met a happy guy that ate celery sticks (unless they were on the side of a mountain of Buffalo wings). What I'm saying is, eat great food, do great things, feel fricking happy. Just walk somewhere, man! Learn to surf! Have sex! Go for a skate! And eat this ridiculous beast of a sandwich every now and again! The Philly Cheesesteak trends,

bro. Whenever I do it in my videos or get it up on my Instagram, the thing goes crazy and my internet starts to fry. Why? Because it's the greatest sandwich ever. In its hometown of Philadelphia, US, you'll get it with green peppers, onions, and real cheap-ass cheese spread and slices. But because we can, we've kind of pimped it out with better ingredients and flavours. Screw it, there are no rules to this. It's one messy hunk of rad, so throw what the hell you want in there. This is my version, but if you change it up, I'm not gonna come and shout at you. Just as long as you're not eating celery."

THE RECIPE

Preparation time
15 mins

Ingredients

Onions
Peppers
Mushrooms
Salt and pepper
Skirt steak
Four types of cheese
(your choice)
A huge baguette/sub
roll/loaf of bread
Chopped tomatoes
Hot sauce
Full fat mayonnaise
Chopped iceberg
lettuce



01

Chop your onions, peppers, mushrooms and add them to a medium-hot pan to soften. Season them up with pinches of salt and pepper.



02

Oil and season your raw steak, then flash fry it in a screaming hot pan. When cooked, slice thinly, cutting against the grain. "Always cook your meat whole then cut it – you'll get a way juicier mouthful", says DJ BBQ.



03

Lay a pile of your cooked veg mix across a frying pan, then add slices of steak and cheese until melted. Slice the bread, place it

over the mix, scoop it in and add the tomatoes and lettuce. **Watch the full video of DJ BBQ on fhm.co.za**



SHOW US YOUR
MANFOOD!

#FHMManFood





LEWIS HAMILTON HAS AN ACTION PACKED WEEK IN JAPAN – SNOW, SURF AND SKI-DOOS

Four-time F1 World Champion heads to Hokkaido Island to hone his snowboard skills with some of the world's best riders

Formula One World Champion Lewis Hamilton headed to the deep snow of Japan last week to hone his snowboarding skills with some of the best riders in the World. Hamilton, an accomplished snowboarder himself, used the opportunity to push the limits of his ability under the watchful eye of acclaimed snowboarders Kevin Backstrom, Tor Lundstrom and Halldor Helgason.

The crew headed to Hokkaido Island and spent time hiking in the mountains, riding in fresh powder, burning around on snow bikes and ski-doods and when the snow turned to rain during the trip – Hamilton instigated a trip to the west coast of the island to spend the morning surfing in the Sea of Japan.

Of his time in Japan, Hamilton said, “It was so good to be able to go on a trip like this at start of 2018. . It was so enjoyable to hang out with some

incredible athletes and push my skills on a board was so enjoyable – the perfect preparation for the F1 season ahead.”

Tor Lundstrom said, “It was a great trip to be part of and Lewis’s riding was impressive. Monster Energy always come up with cool projects and being able to ride with athletes from completely different disciplines was so much fun – I hope we get to ride together again.”



DARKFEST 2018

THE GREATEST LINE OF ALL TIME?!

DarkFEST 2018 turned it up to the next level this year, with some of the most mind-blowing FMB action ever witnessed! Sam Reynolds once again invited the best Freeriders in the world to join him for a week of limit-pushing riding in the African wilderness.

The DarkFEST course emerges from the wild mountain in Stellenbosch, South Africa, like a supernatural dirt playground. A month of hard graft from the build team of Sam, Nico Vink and Clemens Kaudela, resulted in one of the most progressive and ground-breaking courses seen in the Fest Series line-up.

"It's a dream come true," Nico, describing the feeling of finally riding the course that he helped to design and build. Clemens also felt that DarkFEST was the ultimate:

"...building whatever we want and riding with friends...that's the dream!"

The day kicked off with the Best Trick on the 27 foot, near-vertical goliath of a Step-Up, where some of the most insane tricks went down. Nicoli Rogatkin went full ham, throwing a Cash Roll and took the 'Best Trick' award, voted by all the riders. Adolf Silva was crowned winner of the "Best Line," owning the 90 foot 'Beast' jump with a huge backflip and a stylish Seat Grab Indian over the Hip.

The Spank Whip Off went down on The Beast to round off the day and had to be awarded to Sam Reynolds, who went fully sideways with the most twisted Whip of the day.

Stay tuned to MonsterEnergy.com for all the updates, highlights videos and the Monster Documentary dropping very soon!



*BE ATTACKED BY AN MMA FIGHTER
or FOUR POLICE DOGS?*

*JUMP OFF A BUILDING or HAVE A TOOTH
RIPPED OUT WITHOUT ANAESTHETIC?*

WOULD

YOU

*WALK IN ON YOUR PARENTS BANGING or
HAVE THEM WALK IN ON YOU?*

*WOULD YOU RATHER LIVE ON 500
CALORIES A DAY FOR A YEAR or 5,000
CALORIES A DAY FOR A YEAR?*

RATHER?

*The power of invisibility or the
miracle of flight?*

*BE IN A rich POP BAND or a poor
AWESOME BAND?*

They're pub-based debates as old as time. A single choice, no third option. FHM cooked up some classic dilemmas and asked some folks who actually know their stuff to help us choose the right path.

*FREEZE TO DEATH OR
BURN TO DEATH?*

Words: Rosie O'Houlihan
Illustrations: Robbie's Brown Shoes

*BE LOST IN THE JUNGLE or
ABANDONED IN THE DESERT?*



BE ATTACKED BY AN MMA FIGHTER

OR

FOUR POLICE DOGS?



Chris Douglas, MMA fighter, says:

"Mixed Martial Arts takes place in a controlled environment, so some of what we do wouldn't work in the real world. If you take someone down in the ring, it's padded. But taking someone down straight onto concrete, that could kill them. Street fighting can be incredibly dangerous. Having said that, we train to take people down who know we're going to try to take them down, don't want to be taken down, and are trained to not be taken down. If it was just some guy running towards me on the street, I'd use their momentum and skyrocket them. If they're throwing big loopy punches, you've got them. The more movement there is, the more easily you can take them down." "Personally, in the ring, against four police dogs, I don't think I'd hold my own. There's four of them. Fighting a fighter, you could stave off the attack and tire them out – it's hard to fight someone that doesn't want to because a lot of what you do capitalises on other people's mistakes – but police dogs are going to be a lot more nippy."



Tony Jordan, canine unit manager of the Devon and Cornwall constabulary, says:

Tony Jordan, canine unit manager of the Devon and Cornwall constabulary, says: "Police dogs are not trained to bite the living daylight out of you."

What the dogs are trained to do is to detain you until an officer can reach you and physically arrest you. If you're legging it, the dog can get to you quicker and will bite you to stop you from fleeing. We train them to bite the arm, because that will minimise damage. The thigh could result in muscles being ripped out. In practice, bites do happen elsewhere, because a dog is an animal. If you're running away from a dog, the most logical place for a dog to bite you is the arse, really. Once it's bitten you it'll just hold on, like a vice. If you then turn on the dog it'll bite harder and potentially end up biting you all over. If you fight with them, they aren't fussy. But you'd have to be daft to fight a police dog. Or on drugs. If you just stand still the dog should just stop short and start barking at you."

FHM verdict: Both are disciplined, single-minded opponents, but a dog's objective isn't to beat you to death. Dogs.

WOULD YOU RATHER
WALK IN ON YOUR PARENTS BANGING

OR

HAVE THEM WALK IN ON YOU?



Comedian Daniel Sloss says:

"I've never walked in on my parents having sex."

In my world, my parents don't do it – there's no proof my brothers weren't adopted – but they're fully aware that I do." "I've walked in on friends, and had friends walk in on me. I'd rather walk in on someone, because then I can just leave, but if someone walks in on me, I have to trust them to go. What if they don't?"

At least if you walk in you can take some photos and blackmail people." "I once walked in on a friend having sex at a house party and I wasn't happy about it – it was my parents' house – so I just stayed there until they stopped. But then two hours later I was having sex, and they did exactly the same thing to me. And obviously when they were doing it, it was disgusting, but when I did it, it was beautiful and inspirational!" "My mom once caught me masturbating. She just went, "Well, you're not gay!" I was watching lesbian porn, so it either proved I was straight or proved I was a lesbian. And I caught my friend's dad masturbating once, which was awkward."

FHM verdict:

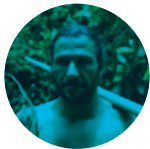
Being walked in on might be embarrassing, but it probably won't mentally scar you for life. Unless your dad makes fun of your knob. Being walked in on.

WOULD YOU RATHER

FREEZE TO DEATH

OR

BURN TO DEATH?

**Explorer Hazen Audel says:**

"The most challenging environment I've ever been in was the Arctic, because if you don't maintain your drive to stay warm, you'll die of hypothermia. I'd never been so cold, and it was terrifying at any point when I was out of sight because the visibility had become so poor. It's unnerving, like being left in a dark room all by myself." "When you start to succumb to

hypothermia your body starts slowing down and you begin to become more comfortable, but that's your body giving up. You have to fight that urge for your body to slow down. You have to constantly monitor yourself and make sure your core temperature is in a safe situation. The cold gives you that ice cream headache when the wind blows. It's so unbelievably freezing there."

**A burns victim (who preferred to remain anonymous) says:**

"I was working on a furnace and the welds had blown, releasing all this built-up pressure. When I first realised what was happening to me, I was already on fire and laying in a pool of molten aluminium. I couldn't breathe due to the impact - in the end, this turned out to be a good thing as I would have ended up with severe damage to my lungs and oesophagus. I never lost

consciousness which allowed me to comprehend what I needed to do.

My options were to try and escape the situation or give up and succumb to the flames. I thought of my family, and that drove me on." "I had some protective gear on, but welders' jackets are not fireproof, and removing my flaming gear and lifting myself out of the molten aluminium meant burning the flesh of my hand and arm severely. I could smell my flesh burning - which is something you never forget. I was lucky enough to only sustain third degree burns to 10% of my torso, arm, and hand. There were guys in the hospital's burns unit who were 80% or higher." "It was the most painful, devastating event of my life. But while there may be skin grafts and scarring, there is still breath and life."



FHM verdict: A fatal dose of coldness, although still not ideal, actually sounds comparatively tolerable. Getting sleepy and dozing off forever is something we can all get behind. Freezing.

WOULD YOU RATHER

WOULD YOU
RATHER LIVE ON
500 CALORIES A
DAY FOR A YEAR

OR

5,000 CALORIES A
DAY FOR A YEAR?**Nutritional therapist Sarah Bishopp says:**

"500 calories a day - which is the equivalent of two

Snickers bars - would be classed as a very low-calorie intake and would only be suitable for use under medical supervision. Unmonitored, it could cause health problems like gallstones, heart defects and anaemia, as well other vitamin and mineral deficiencies which could affect bone mineral density." "If you were to eat 5 000 calories of fast or processed food (often very high in sodium, saturated and trans fats) you run the risk of rapidly gaining weight, especially increasing visceral fat (the hard fat round your organs), increasing your bad cholesterol and blood pressure. If this diet was sustained over a prolonged period of time you may eventually develop metabolic syndrome, cardiovascular disease or diabetes."

"Over the course of a year you could develop conditions which could kill you, like heart disease malnutrition. The weight gain on 5 000 calories may lessen your life span, but I'd say 500 calories a day would kill you faster. You'd collapse and end up in hospital, your body would start to slow down, and things like growth and repair of skin cells would be seriously affected, and you'd become more susceptible to infections."

FHM verdict: Everyone dies, so die fat. 5,000 calories.

WOULD YOU RATHER

BE IN A POP BAND WITH NO CREDIBILITY

OR

AN AWESOME BAND THAT WERE UNLIKELY TO EVER GET RICH?



Ghostwriter to pop stars and veteran journalist Jordan Paramor says:

"I've worked with every boy band going. Blue, One Direction, all of them really. About half of them are very rich, and half end up without a pot to piss in. I used to live with a pop star and when his band broke up he owed the label around R1 million. That kind of band is all about the image, and maintaining that image, so for instance One Direction's hair stylist travels with them 24/7, and she's on the payroll on a probably very good yearly wage. It's great when you first join the band, with limos and stylists and runners, but you're actually paying for it all - it comes out of the advance and gets sucked up and there isn't anything left for you. But if you get to a certain level like One Direction, then the endorsements start, and you can make millions. There's not a lot of money in selling records, it's all about dolls, books, crayons' record sales get them popular, but don't get them rich." "Their lives are made as easy as possible - they live in a bubble. People look after them and take away as many everyday worries as possible. I know someone who was working with a band who'd get a call in the middle of the night asking for a sandwich. Their lives can become completely out of touch with reality. That's why a lot of the time when people leave these bands they go a bit insane. But the payoff at the time is incredible - girls are throwing themselves at you, you're hanging with the beautiful people, the world is your oyster and you can do anything you want." "In terms of credibility, in the beginning they don't care. They'll sing anything if it might chart. But as they get older they want to be seen as more credible. When they can't walk down a street without getting mobbed, I'd imagine they have moments where they'd just like to make the music they like. When you join the band, you don't necessarily know much, but spending time in studios with producers and writers, you'll end up wanting to make music. That's if they have half a brain - some of them don't care."



Jon Davis from the band Conan says:

"When you're in the sort of band we're in - a genre called 'doom metal cowboys' - you have total control over what you produce and perform. We control our own destiny - whether we get big or small or stay doing what we're doing is down to us. We're in Australia now on a 10-day tour, and I couldn't imagine coming all this way and not playing the music I want to play. I can't help but feel that bands like One Direction maybe feel like puppets on strings, having to dance to someone else's tune. I don't know whether those guys write their own music, but for me it's an artistic release - I get something tangible from doing it." "The line-up we've got, we've known each other for years, and we'll spend hours and hours in tour buses stinking of sweat together. I don't think you get that in the bigger bands; you probably get pampered and don't have to suffer any hardships or burst tyres in France, and that's the sort of thing that we deal with all the time. We feel as if what we're doing is the real music industry. We're the unseen foot soldiers right at the bottom doing the hard work, then you've got the pop bands at the top just kind of creaming it. They're judged on their good looks, while we're ugly. But nobody's going to care if they catch me smoking pot somewhere - that's what people expect with the kind of band I'm in. But young girls are really into pop bands, and if they get caught doing something slightly adult it's big news. I'd hate to be screwed in that way. I'd hate for anyone to be reading kiss and tell stories from when I was younger or anything like that. It'd be really horrible."

"They clearly earn a lot of money, and we don't, but we didn't start this band to get rich. It's this internal desire to go out there and play music and I'll keep doing it regardless of cost. I've got enough money to live - I've got other streams of income, a recording studio and a small record label, and I've been able to drop the day job. We can do what we want - we're our own masters. Nobody tells us what to do."

FHM verdict: *You know what it takes to be truly talented? Time. You know what affords you loads of time? Money. Can we get rich from being in a horrible pop group then form a doom metal band? No? Pop.*

»



WOULD YOU RATHER

ABANDONED IN THE DESERT OR BE LOST IN THE JUNGLE?



Levison Wood, the first man to walk the entirety of the Nile, says:

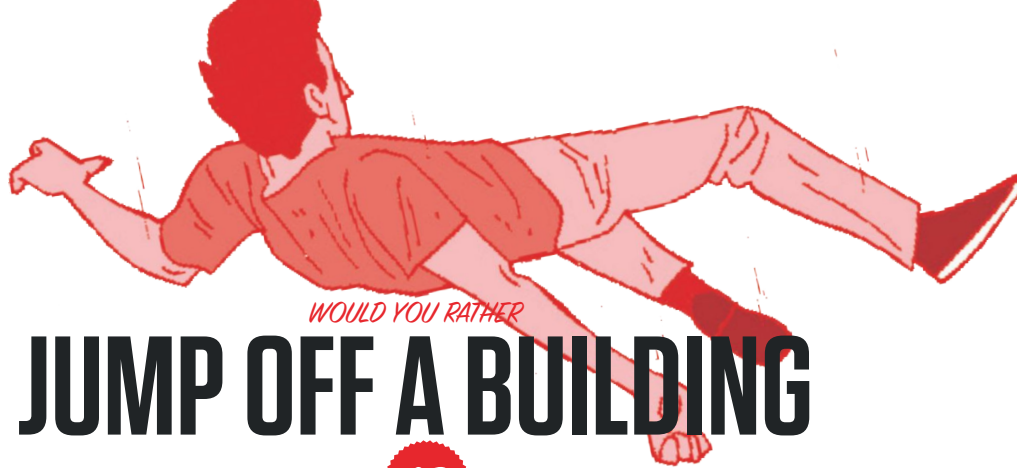
"The first priority is water. The general rule of thumb is you can do three minutes without oxygen, three days without water and three weeks without food, but that goes out the window in the desert. When you've got temperatures of 50-55°C, you're not going to last a single day without water. Avoiding the direct sunlight is another thing. I spent a month in the Sudan and another in Egypt. Luckily, I was by a river for the most part, but there were times when for security reasons I couldn't be." "People have an idea of what the desert looks like, but it's not just sand dunes. The desert I was in was volcanic, so it was a sort of endless plain of gravel and black rocks. It's difficult underfoot, but if you look hard enough you can find plants. I was drinking about nine litres of water a day, as opposed to the two or so that you'd drink at home. Carrying several days' worth is pretty difficult. I used camels, but camels need water, too." "In the desert you can drink straight from the river, but in Egypt where there are a lot more people pooping in the river, you'd rather not. Heatstroke is also an issue – you've got to know the warning signs, of dizziness, nausea, talking rubbish. It can come on very quickly. A journalist on my expedition died of heat exhaustion after three days. If it happens, you need to cool your body as soon as possible or you'll be braindead in a few minutes." "Sandstorms can be a real issue. They come out of nowhere and fill the entire sky for hundreds of miles. It's deeply uncomfortable, it freaks your animals out, and it makes navigation incredibly difficult. We had a thunderstorm as well, and the ground can't really absorb the water, so flash floods are a concern." "There's more life in the desert than you'd expect. There are monitor lizards, snakes and scorpions. If you were dropped in there alone with nothing, you wouldn't make it 24 hours."

FHM verdict: Drop us in either environment and we're doomed but dying in the jungle should at least be a bit more exciting than just dying to death. We might get to meet an exciting crocodile or something. Jungle.



Explorer Hazen Audel says:

"Knowing how to identify specific kinds of vines to cut open and get water in the jungle is key. It takes a long time for your body to get adjusted to the kinds of bacteria there – the people that live there are used to it and their guts are tough, but if you've grown up in a city and drink it you're going to get so sick that you won't be able to move." "Even though it's incredibly hot, when it rains, if your clothes get wet they just don't dry because it's so humid, so at night you run the risk of dying from hypothermia. Learning how to make a quick shelter and get out of rain could save your life. If you're wet and not eating very much, it'll take a tremendous amount of energy to maintain your body temperature." "The chances of running into a poisonous snake are pretty low, but if you do get bitten, it means you're done. You need to be hyper aware of poisonous snakes. If you're getting into the water, say crossing a swamp, the order of magnitude of things that can kill you go up. There are a lot of things in that murky water – electric eels, crocodiles – and the odds are you won't see what kills you. The tribe I lived with had lost people to anacondas. A lot of the tribesmen also die from rotten branches falling on them from trees. Not a lot die of old age." "The rainforest has an abundance of food because there are animals everywhere, so protein isn't hard to come by – it might not be that palatable but there are needle grubs and tiny fish around. But because there are a lot of animals to eat, there are also a lot of animals that can eat you." "When I was 19 I was staying by a lake in Ecuador, living off the land. I got really good at fishing. I'd go night fishing – they'd come up to the banks at night. One time I did that, and the water flooded – it rose about 3ft during my hike, so the trail that I was using just disappeared. I got lost and was lost for four and a half days. I had no shoes and was just in a pair of shorts with a useless broken flashlight and a sharp stick. There was no ground – I was trying to keep warm while essentially sleeping in water. It's your will to survive that keeps you going in situations like that."



JUMP OFF A BUILDING

OR

HAVE A TOOTH RIPPED OUT WITHOUT ANAESTHETIC?



Oli Buchanan, high-flying drinker:



"I was drunk, and I'd been thinking about climbing on top of the Salisbury Waterstone's for weeks. I needed a boost up from two mates and was probably about 20ft up in the air. I hadn't thought it through beyond getting up there, and realised I was stuck. I hid for a bit as some police cars went by, then just dropped off the side. I crumpled on the pavement, had a Chick-O-Land and went home. It didn't hurt till the morning, when I awoke with a stinking hangover and the feeling of having a red-hot poker coming up through my heel. I was on crutches for eight weeks. The only thing I can compare the pain to was when I broke my arm on a half-pipe when I was younger - after the operation, to stop it filling with blood they put a tube up my wrist to siphon off any blood that pooled in the wound, keeping my arm raised above my head for a few days. They pulled that bloody thing out with no anaesthetic, eight inches of tube. Slowly, too. The worst part was that the nurse told me to look away, so I did, right into a mirror."

Jackass star, Ehren McGhehey, says:



"I'd rather get my tooth pulled out by a car again rather than do quite a lot of the things I've done. I've broken my neck three times, and that sucks. It doesn't heal. I've had 24 surgeries in total. The worst long-term pain is definitely the second time I broke my neck, in a shopping cart in a fat suit in Jackass Number Two." "So, for the tooth pull, I knew it was gnarly. I had my teeth checked to see how gnarly it would be. The dentist said I had really healthy teeth and really long roots and told me not to do it. That was a good sign, so I did it. We tied it with sturgeon line to Bam Margera's Lamborghini and sure enough, it popped out. It broke my face up to my eyeball. The roof of your mouth is really thin, and it cracked all the way up to my eye and took about six months to heal. When the tooth came out, it was so painful. I couldn't talk afterwards - I was in total shock. I didn't know beforehand whether it would rip my whole face off. Luckily it just cracked it in half." "Now I've got a platinum tooth with a black diamond on it. If I'm ever encased in a glass tube I can eat my way out." **FHM**

FHM verdict: *As horrifying as having a tooth removed without anaesthetic would be, it's not going to leave you hobbling for the rest of your life like a bad landing might. Tooth.*

QUICKFIRE

Sean Bean for your dad or Kanye as your best mate?

A dad you can really drink with? Big daddy Bean.

Married to Scarlett Johansson or a torrid affair with Rihanna?

Sorry RiRi, we want something *real*. Scar-Jo.

Career as an astronaut or Olympic snowboarder?

Medals are cool. The eternal silence of the void is cooler. Space.

Official member of Sinatra's Rat Pack or the Wu-Tang Clan?

Wu-Tang! Wu-Tang! Wu-Tang!

The Iron Man suit or all of Batman's bat-stuff?

Black tights and a cape is still tights and a cape. Iron Man.

As charming as Russell Brand or as successful as Mark Zuckerberg?

We'll live without charm. On our yacht. Zuckerberg.

The power of flight or invisibility?

We're being totally honest here? Alright then. Invisibility.

Don't agree with our decision making? Tell us on Twitter, @fhmsa, and tag it

#WOULDURATHER

A woman with braided hair and a tattoo on her arm is lying on a white beach chair. She is wearing a black bikini top. The background shows a sandy beach, turquoise water, and distant mountains under a blue sky. A thick white rope runs across the foreground, partially obscuring the woman's face.

MIA GRAY

Business owner turned glamour model, is there anything that this gorgeous woman cannot do?

Photographer: Sultan Ghahtani **Location:** Boracay, Philippines

TEA



I AM BORACAY

Tell us a bit about yourself, Mia.

I was born and raised in the Philippines. I was in the choir during elementary school. My parents were members of our parish church. I spent every morning with a music teacher and also lived in Tokyo for 2 years. I then moved to Chicago when I turned 14. I was so advanced in school that I graduated at the age of 15. It was tough being the new young kid in school. I was bullied severely. Being the only Asian student didn't help either. I was called ugliest girl, the "weird one", alien looking and so much more. It definitely damaged my self-esteem.

What were you up to before you started modelling?

I went to nursing school and minored in business. I was not a fan of being a Nurse at all, I just felt depressed all the time.

I opened my very first salon and spa at the age of 21 and opened a second one two years after. I was definitely a workaholic and spent 12-hours a day work.

I was approached in a local grocery store by a make-up artist and asked me if I would ever be interested in being one of her bridal models for a fashion show. I had so much fun and loved every minute of being in the spotlight. People started hiring me for their shows and bridal shoots. I fell in love with the industry. Being in front of the camera made me feel pretty and confident. I never felt shy. I felt good.

I was published in three Chicago Bridal Magazines and one international in 6 months. It was seriously amazing.

Why did you decide to try glamour modelling?

I received a Facebook message from a multi-published glamour photographer: Sultan Ghahtani. He suggested that him and I do a shoot.

I had heard of his great work before but wanted to check his portfolio - I was stunned by how incredible his work was and is. The only problem was my curiosity of why he reached out to me when I was obviously not a glamour model. He proposed that we shoot whatever it is that I am comfortable with, he was actually a gentleman. I demanded that we meet considering, considering that we have over 200 mutual friends. I told him to meet me and our friends at a Chicago club (Studio Paris). I wanted to make sure he had no negative intentions.

When we met, I was so attracted to him it was not even funny. I was embarrassed by how I would act so I left the club. We became friends after that. Good friends actually, we shot a creative set and it turned out amazing. I was finally comfortable doing a glamour type of shoot and I was so surprised at how much I loved it. I had never felt so beautiful in front of the camera. Posing was so natural to me. Sultan and I started travelling together and shooting glamour sets in exotic locations.

I grew to 100k fans/followers in Instagram within a year. And local and international brands started contacting me to represent them. It was so much fun, and I got so busy that I decided to close both of my businesses and dedicate my time to growing my network and, well, shooting more glamour!

Sultan and I are finally tying the knot in March! My favourite love story for sure.

Social media me vs the real Mia

I spend most of my days working, connecting with brands

and growing my network. Although I love meeting people, I'm actually a home type of girl. I like to spend my weekends at home with my family and I love Netflix and wine.

I dedicate a good amount of my day trying to respond to my followers on social media. Their support is never ignored.

My addictions (besides family and work)

Food! And the gym. I think this is the biggest misconception about me being a model and being "fit". I love to eat! And what I say eat, I mean eat everything. Pizza, burgers, steaks... you name it. If you want to make me grumpy, put a salad in front of me.









FAR CRY 5

By Andre Coetzer

➔ The Far Cry series throughout the years has taken players to exotic islands, Himalayan mountains, the African bushveld and even back to prehistoric times. So where to next for the popular series? Well the good old United States of America of course. Far Cry 5 takes place in the serene looking, yet deeply twisted areas of Montana. As the new junior deputy of Hope County, Montana, players will find that their arrival accelerates a years-long silent coup by a fanatical doomsday cult, the Project at Eden's Gate, igniting a violent take over of the county. Under siege and cut off from the rest of the world, the player will join forces with residents of Hope County and from the Resistance. Far Cry 5 not only features a brand new location and villain, but also features new vehicles in the form of aeroplanes, opening up the impressive open world even more. Attack enemy bases from the sky and unleash your justice from above. To

FARCRY5

☆☆☆☆☆

take down the cult, players will need to utilise any and all weapons at their disposal, including ranged weapons such as guns and grenades and melee weapons like a sledgehammer or baseball bat. Additionally, players can recruit Guns for Hire from a large cast of characters, or even Fangs for Hire, specialised animals like bears and cougars to complement players' playstyles whether they're going in stealthily or forcefully. How players approach each situation and the chaos they create is up to them. Far Cry 5 is an interesting new direction for the series, but with all the elements that made the series such a hit firmly in place. It's a clever, funny and terrifying first-person shooter and is already a candidate for game of the year for 2018.

Available on PC, PS4 and Xbox One at btgames.co.za (R925)



EA SPORTS UFC 3

By Andre Coetzer

➔ EA Sports returns to the Octagon for another attempt at recreating the most intense sport on the planet. With UFC 3, every punch, kick, block and counter has been recaptured and rebuilt using cutting-edge Real Player Motion Tech. With over 5000 new animations captured and rebuilt from the ground up, you can now move, strike and create seamless combinations with the fluidity and freedom of the world's best UFC fighters. Slip and strike while in full motion to execute dangerous counter-attacks, adding new strategy and competition to every fight. The biggest new addition to UFC 3 however is that of the G.O.A.T. Career mode. For the first time ever, the choices you make outside the octagon impact your greatness inside it. Between each bout, make promotional choices that will help you gain fans, build hype for your next fight and potentially earn you more lucrative contracts from the UFC. However you will not start as a UFC fighter, that honour needs to be earned. Instead you start your MMA career



in the World Fighting Alliance, and it's up to you to put in the kind of performances that will catch the eye of UFC boss Dana White. Once drafted into the UFC, it is up to you on how to hype your fights, annoy your rivals and march on towards the title of the G.O.A.T. EA Sports has always been known to create good-looking sport titles, but UFC 3 might just be the best looking fighting game ever made. The player likenesses are scarily accurate and the movements are as lifelike as you can get. UFC 3 is a massive step forward for the franchise, making it arguably the best fighting game available today. Even if you're not a fan of the world of mixed martial arts, you will find something to love in UFC 3.

Available on PC, PS4 and Xbox One at btgames.co.za (R915)



MX VS ATV ALL OUT

By Andre Coetzer

➔ Since its initial release back in 2005, the MX VS ATV series has been synonymous with fun, fast-paced off-road racing experiences. In its 13-year existence, the series has grown into a powerhouse with each iteration improving on the last. Now in 2018, MX VS ATV ALL OUT is without a doubt the best in the series. Choosing between bikes, ATVs and UTVs, you will get to refine your rider style at your private compound and race across a massive open world to compete in various game modes. New to the series is the Freestyle mode which allows you to perform insane stunts across various terrains, the bigger and flashier the stunts the closer you will get to victory. It's an incredibly fun mode that is easy to play but hard to master. Multiplayer has also seen a big upgrade with 2 player split-screen local co-op play and an impressive 16 player online mode. Challenge your friends and fellow all-terrain fans from across the world for ultimate glory. As with previous MX VS ATV games, you get to select from numerous gear and vehicle companies from around the world, adding to the impressive realism of the series. Upgrading your vehicles is always a vital part to winning in style or being left behind and MX VS ATV All Out gives you even more freedom to tune your ride to your exact specs. Created from the ground up for current consoles, MX VS ATV All Out looks fantastic and plays better than ever before. If you're a fan of the series or new to the exciting world of all-terrain racing then MX VS ATV All Out is without a doubt for you.

Available on PC, PS4 and Xbox One at btgames.co.za (R735)





Part of being a man is knowing how to do stuff. We asked some bloody accomplished, undeniably inspirational and downright bizarre individuals for advice on all manner of things.



Blow the roof off any party

by a superstar DJ

Globe-trotting Steve Aoki is your man when you want to supercharge a party. He tells us about the art of getting (and keeping) a dancefloor moving

Starting parties is a tough job.

You don't want to shock the system – it's like stretching before a workout. Build a narrative for the night; save the big tracks for the last hour. I'll usually start with some G-house – rapping over house music. Maybe YG's *Party Up*. Or *Bugatti* by Tiga.

I've cleared some dancefloors, of course I have. Every DJ I know, including myself, wants to experiment and take risks. It doesn't always pay off. You could always try bringing the dancefloor back with a track like *Freak*, which I did with Diplo.

I focus on specific groups of people in the crowd. This is the sociologist in me – I have a degree in Sociology. Focus on the most energetic person in a group, and play a track you think is going to work for that person. There's a swagger to different songs, and that attitude will come out in people. You don't want to take people out of that mindset.

Some crowds are tougher than others. I played a corporate party for a car company and they were dressed up, holding cocktails. I once played for a Russian billionaire's wife's birthday. I had to download a load of Russian records I'd never even heard.

Ultimately it's an emotional thing. You need to get the crowd feeling something for the songs, tap into their memories, like when they were 16 in their mum's car. You have to keep that up, keep them feeling something. By the third song, they're taking their jacket off for sure.

DIY

STEVE'S 3 TIPS

"Michael Jackson can always be relied upon. *Wanna Be Startin' Somethin'*, that was a go-to track for me."

"Try putting vocals that people know into a different context. I want people to hear Dolly Parton's *Jolene* vocals over Daft Punk's *Da Funk*."

"If all else fails you could always invite some weird animals to jump around in the room. Like a monkey. You have to be nice to the animals though, otherwise that would be totally messed up."

Deal with Pain

by a grizzled daredevil



Professional Welsh lunatic, and *Dirty Sanchez* member, Matthew Pritchard on the art of getting really, truly, appallingly hurt

I never decided to do this. I wanted to be a stuntman as a kid. I'd put on shows for my mates. I'd line up loads of tables, run along them and fling myself out of a second floor window. I was on first name terms with the local hospital. They were bloody great, though. They looked after me. **Overthinking pain is a problem.** Just do it. Anything MTV planned on the show didn't work. Things we came up with out of the blue were funnier. Like when I put my balls in a pool table hole, and someone hit a ball into my balls *hard*. **Once on *Dirty Sanchez*, we played *Trivial Pursuit*.** Not being the brightest, I lost and had to have a drill through the skin between my thumb and finger. It looked so graphic and I was in that much pain they couldn't have it on the show. I was in bed for eight days over Christmas. I had septicaemia. My mum went nuts.

There's other kinds of pain. I had to phone my mum up and read her a speech the other guys had written, talking to her in the most disgusting way. It was so embarrassing. Luckily, my mum has a sense of humour.

I don't handle emotional pain very well. I'm quite happy-go-lucky, so I'm not the best to deal with it. I split with a girlfriend after 11 years, we had a house and everything so that was difficult. **Determination is the thing.** I went for the world record for being hit with paintballs. It was 102, and I did 103. Five metre range, in just a

jockstrap. It was agony, but I wanted to get in the *Guinness Book of Records*. That's what kept

me going. But they were winding me up, there was no such record.

I chopped the end of my finger off for the *Sanchez* movie. We were in Japan. The Yakuza used to chop people's fingers off, so they got this cigar cutter, and bang, it came down and Dan Joyce swallowed what came off. It didn't really hurt, it was so quick. So quick is best.

Having an addictive personality helps drive through pain. I can't just do a marathon, I have to do an ultra-marathon. I do a lot of iron man events. I went mental during *Sanchez*; I was bloated from alcohol and messed up from drugs. So, I started looking after myself. I ran from John O'Groats to Lands End, 60 kilometres a day for 30 days. That's a different pain; it's almost enjoyable.

I wouldn't call myself a stuntman. I'd just call myself an idiot, really.

THE MORAL IS: Pain's not as bad as the idea of pain. Man up, grit your teeth.

Pritchard owns the Sleep When You're Dead tattoo parlour and barber shop in Cardiff Professional Welsh lunatic, and Dirty Sanchez member, Matthew Pritchard on the art of getting really, truly, appallingly hurt.

PHOTOGRAPHY: MARCO VITTORE. MODELS: STACEY H. AT BODY LONDON. KEITH AT ZONE. STANLEY THE DOG: STYLIST'S OWN. HAIR AND MAKE-UP: CHARLOTTE GASKELL AT LIA. STYLING: HAYLEY FORRESTER-LAWRENCE. CLOTHING: TOPMAN.COM. ALL FURNITURE AVAILABLE AT HABITAT.CO.UK. BIKE FROM CONDOCYCLES.COM

Choose a new best friend

Pet behaviourist Sarah Linehan on picking a breed of dog to suit your lifestyle

Springer Spaniel: A fun breed with loads of energy. Owners should love walking, as they need at least two hours' exercise a day. They can be possessive so it's important to be the "pack leader" from the start to prevent this from becoming a problem.

Border Collie: Very intelligent dogs with high energy. If you are thinking of getting a Border Collie but don't want to do any fast sports then you'll need to a lot of obedience training to prevent boredom. Frustration can lead to excessive nipping and aggression.

Jack Russell Terrier: Stubborn, wilful, fun, clever and definitely *not* a lap dog. Owners must be tough



because, although small, this breed has a huge personality and can be very demanding and defiant – leading to yappy, snappy behaviour.

French Bulldog: Affectionate, stubborn and boisterous. Clever but lazy with training, so you need lots of patience and a good sense of humour. Can have health issues, so choosing a good breeder is essential. They also enjoy being part of a family, so this is a good choice if you've got kids.

Greyhound: A lovely, affectionate breed but aloof with strangers. Surprisingly lazy and need less exercise than you'd imagine. High chase drive, so will take off after other animals without thinking about what they may run into.

Sarah Linehan runs thepetexperience.co.uk

Rock out like a guitar god

by a heavy metal icon

If a life of sex, drugs and rock n roll appeals to you, let god of thunder incarnate and former Ozzy Osbourne axe-wielder, Black Label Society's Zakk Wylde tell you how to survive your way to rock immortality.

On the road, you have to use Oil of Olay – it's good for the skin.

A – it's good for the skin. And take plenty of naps as you need your beauty sleep. It also helps to be a Catholic. I'm one and considering all the Satanic rituals that we take part in before the big rock shows, being a Catholic pretty much balances everything out.

People often say to me, "Zakk, you quit drinking since you got those blood clots." Can you still be rock n' roll?" But

I didn't quit drinking, my body quit drinking. There's a difference.

I still wake up in the morning with my pants around my ankles and no recollection of anything. But people say I had a great time!

Remain humble when you meet your idols. When I first met Ozzy I was crapping my pants. I walked in and he said, "Zakk, all I want you to do is play with your heart... now change your pants and make me a ham sandwich." At the last Classic Rock awards all the guys who were on my walls as a kid were walking around: Jimmy Page, Tony Iommi, Alex Lifeson. Even though I'm 47 I still have moments where I feel like I'm 14 years old.

Nothing has changed since I was 14. I enjoy listening to Zeppelin and Sabbath records and I still jerk off. Then I carry

on with the rest of my day before repeating the process.

When someone new joins Black Label Society they have to bring something to the table. Namely having had herpes, gonorrhea or lice.

They have to have had at least one of those. In the early days of Black Label, with our road guys The Doom Crew Inc., we were basically one rolling insane asylum. Pills, booze, and even snorting dirt thinking we could get high off it.

I do guitar workshops for kids, it's an awesome time.

The kids ask me how to be a rock star, so I show them scales and power chords. After which I go, "Now... this is alcohol and this is cocaine!" Then I introduce them to Mr Thompson who is an attorney and I say, "He will help you with your third, fourth, fifth and possibly sixth marriage and all your alimony cases."

Then I introduce them to the rehab counsellors. If you want to paddle in the rivers of rock you'll need one of those, too.

THE MORAL IS: Have a very, very good team of all-star lawyers at your disposal for when your brain caves in and your four ex-wives sue you simultaneously.

Reboot your desk

THE
HOW TO

SPECIAL

Productivity expert Matthew Brown
from thinkproductive.co.uk
on blitzing your work space

"Eat the frog. That means make sure the first thing you do every day is something that's been hanging around for ages. Once it's done you'll feel better about yourself."

"Have a good to-do list. Split up projects into individual actions that you can accomplish instantly. And remember: no one ever gets to the end of their to-do list."

"Don't rely on emails, notebooks and Post-it notes. Have one single task-management app to tell you what to do."

"Dealing with emails makes you a hamster in a wheel. Check them three times a day, at 9am, midday and 4pm. In between those times do some work, don't piss about with email."

"When doing your emails, don't assign them all equal importance. Focus on the five that really make a difference and forget the rest. If you spend less time on emails you'll have three or four more hours that you didn't have before."



THE

HOW TO

SPECIAL

Buy a bike

Tips from Spin London Director Luke McLaughlin

BE PRACTICAL

"What's the bike for? A racer might be faster, but a hybrid or a mountain bike may be more practical for a commute. If you're planning on long weekend rides going up plenty of hills, a lighter bike will be better."

SIZE UP

"Buying the right size bike for your body and setting it up right is essential. Personal bike fitting services can be included in the price of the bike - but it's worth paying if not. The benefits last years."

MAINTENANCE

"Learning the basics will save money in the long run. For instance, novice bike riders apply too much lubrication to the chain, leading to excessive wear as particles collect on the chain and gears."

Go for a Brooks leather saddle if you're feeling flush. They look boss

Don't insist on drop handlebars just because that's what you've seen Sir Brad use. They're not for everyone

Tyre width affects how a bike behaves on different surfaces. The most popular width on road bikes is 23mm



Be an absolute boss in the kitchen

by a chef who

knows his onions

Former head honcho at Ottolenghi (and co-founder of new London eatery Jago) Louis Solley on the art of being a domestic culinary commander.

Firstly, find a knife you like. Big is not always better. I don't like Japanese knives because they're too light. I'd recommend a Dick. It's a German brand. It's solid, it'll last years and it has a funny name. When you chop, rest the blade against your knuckles and rock the knife up and down with your fingers tucked back, otherwise you'll whip them off. I've got no feeling in the top of my left index finger because I severed all the nerves after I chopped half of it off.

The secret to cooking meat is to cook it slowly, for a long time. I'm talking three to four hours on a gentle heat. And remember when you roast, always rest your meat after you take it out of the oven for at least half the time it's been in there. It's called the Maillard Reaction. When you put any type of muscle under a heat it contracts and all the blood sugar goes into the middle and seeps out of the meat as soon as you cut it. But if you leave it the muscles relax again so all that flavour spreads back through the meat. Don't worry about it cooling – meat actually tastes better when it's not piping hot. If meat comes to me hot in a restaurant, it's usually because they've stuck it in a microwave.

I'm not much of a gadget man but I do

enjoy nitrous oxide. This is for kitchen use, not recreational. It's brilliant. If you wanted to you could buy a gas dispenser from any good kitchen shop and do whipped cream in it. If you melt chocolate and cream and put it in, you have got an instant chocolate mouse.

If you have a girl over for dinner, you want everything sorted.

The last thing you want is to be faffing about in the kitchen all evening, not talking to her. So my greatest weapon of seduction is lamb shoulder in red wine. Put the shoulder in the wine in a baking tray and add big chunks of carrot, a few cloves of garlic, rosemary, prunes and salt and pepper. Then just stick it in the oven at 160C for four hours and you'll have the most magical dish. This dish is what won me my current girlfriend, in fact. She hasn't looked back since!

DIY

SOPHIE'S 3 TIPS

Starter intel for getting your chef on, courtesy of Sophie Gordon, co-owner of the All Day Dining Room on Villiers St, London

Have this stuff in the cupboard

"Black olives, garlic, anchovies – a jar, not tin – capers, lemons and tinned tomatoes. All big flavours. When you're back from a night out and there's no food in, make puttanesca pasta. People think anchovies taste fishy, but they add depth to dishes quickly."

Have a homemade rub

"Make your own rub with tomato ketchup, some off-the-shelf barbecue sauce, Worcestershire sauce, chilli, smoked paprika, cayenne and a small splash of orange juice to loosen it. It's really simple. You just mix it up and then rub it on chicken or rack of ribs."

Eat cheap, eat well

"People think expensive meat is best. But with slow cooking, cheap cuts have most flavour. Pork belly is cheap but gives amazing crackling. Score the skin, rub in fennel seeds and salt, roast on high for half an hour, then turn down low for two-and-a-half hours."



Be a romantic

Break-up and relationship coach Laura Yates on the art of sweeping girls off their feet

Don't overdo it with compliments. Every girl likes to be told we're beautiful, but telling us endlessly seems needy.

Do show you're proud to be with her. I'm not talking huge PDAs, but a protective arm around her in public goes far.

Don't think it's all about flashing cash. Spending money with no thought about what you're spending it on isn't romantic.

Do keep texts upbeat and flirty, but don't text endlessly as this ruins her anticipation of seeing you.

Don't just rely on texts. We forget phones make calls too. It's a pleasant surprise when you call to ask how her day was.

Visit laurayates.org

If you buy her a gift, make it something she's mentioned. Women love a man who listens



Think like a sporting champion

by a World Cup winner

Let former England rugby international Lewis Moody explain how to get the mindset of a champion and become the healthiest, strongest man in the whole world.

I'd always recommend setting yourself targets in everything you do, fitness-wise.

Blow everything out to make sure you make it. I'm slightly disappointed that I've never been physically sick in hardcore training. It's always a surprise how far the body can go. Sometimes you're half way through a session, and you think "that's not physically possible, there's no way I can go on", but with targets you do go on, you realise that your body is capable of a lot of stuff. **For me, it's about knowing how I'll feel if I don't do it.** I just know how miserable I'd feel. Say you have a cold, or you'd had a really brutal week and you're knackered, you still have to do

it. Once you're in there and you start pushing it, you start feeling good about yourself. Again, if you always have targets you'll feel like you're letting yourself down if you don't hit them. As a player I never wanted to feel like I was failing. Each day I wanted to feel that sense of achievement.

In 2003, when I was in the World Cup-winning side, we were as fit as we possibly could be, the fittest team in the world. It made playing the game more enjoyable, everything just became easier. It's about confidence. You see a lot of people in the gym who worry that people are watching them.

The people I have respect for in the gym are the ones who won't be held back. They're not worried about looking stupid. They're the ones getting the benefit.

Ultimately, all training is money in the bank. All that hard stuff, when you don't want to do it, when you're feeling tired, when you're feeling sick, when you're pushing yourself through a session that's particularly brutal and you get those last couple of reps done, that's all money in the bank. On a bad day it's that that'll give you the confidence and mental strength to hold your shoulders back, walk tall and do what you need to do. It's easy to be confident when things are going well for you, to have the same level of confidence when they're not, then you're really in a good place.

Lewis Moody is a director of SuperVitality, a manufacturer of natural sports nutrition and performance products and supplements.

DIY

Lewis's 3 Tips

Buddy up

"When you're ready to call it a day, and that last rep is getting that little bit harder, having someone over your shoulder, telling you that you can do it will make you go that little bit further."

Hill sprints

"Create a start line at the bottom of a hill and sprint up as far as you can for 30 seconds. Jog back, and go again to hit the same marker. Do it 10 times. An absolute lung and leg burner."

Change up the intensity

"If you've had a bad day or a bad night's sleep, reduce what you do but make sure what you do is real quality. Like a good 20 minute conditioning session or weights session."

Dress for an interview

FHM fashion editor Daisy Deane on how to look your best when meeting your future boss

When it comes to tailoring, the cardinal sin is baggy shoulders. It looks ridiculous

Avoid the shaggy indie look, even if it's your staple. Try something slick and neat

Don't risk bold patterns. If you must, go for a simple polka dot

Don't always go for a suit trouser. It can look try-hard. A slim fit chino does the job

If you wear trainers make them leather, not canvas. Scuffs aren't acceptable

How to get a job ...At Google

by Google PR manager
Stephen Rosenthal

"We're always looking for our next Noogler (new Googler) – someone who's nimble, loves big challenges and good at lots of things. That means we like people with a variety of strengths and passions, not just one isolated skill set. We're also less interested in grades and more interested in how you think. So we'll ask you questions about how you solve problems."

...At Kiss FM

by DJ Charlie Hedges

"I bagged some work experience at KISS when I was 13 and did it on and off for several years until I got a call saying a tea making job had come up. I worked my way up from there. It's important to be 100% yourself, as your passion for music will then shine through. Definitely have a great knowledge of the station and the music they play; bring some of your own ideas too, about where you see the station in five to 10 years. Most importantly, be persistent!"

The new Charlie Hedges Presents podcast is available on iTunes

...At FHM

By, erm, us

"If you want to work here, it's vital you make yourself as familiar as possible with the brand. It's amazing the number of applications we get from people who haven't even looked at the mag or website. Read the features, articles, bits and bobs that already appear in its pages and try to think up some ideas that could slot right in alongside those. Ideas are the main thing. So have as many as possible. Ten brilliant ideas are worth more than any certificate or degree."



Brainwash a generation of teenagers

by a reformed

Jihadist

Maajid Nawaz, formerly of Islamist revolutionary group Hizbut-Tahrir, explains the appeal of the extremist organisation Islamic State (IS)

The Islamic State's use of social media is nothing new. When you're an Islamist organisation or a Jihadist, everyone is against you, including Muslim countries. When you have no friends, you're forced to use alternative media. Islamism is ahead of the curve in terms of internet propaganda. When I returned from prison in 2006, YouTube was already being utilised by Islamists, long before it was mainstream.

IS has perfect branding. Governments don't understand how joining IS is seen as "cool". But look at Che Guevara. He's on t-shirts across the world yet committed all kinds of atrocities. There's a strong anti-establishment mood in the West, and for some it's cool to be a Jihadist fighter.

Imagine you're a Muslim from Brighton having an identity crisis. You're asking, "Am I British? Am I Muslim? How do I become a man?" Then you see an IS fighter on the internet with all the iconography, the flag, aggressive and militant. You think, "Wow, that's my identity."

Foreign fighters for IS understand online media. They're the guys who played *Call of Duty*. One IS promotional video was released with real-life footage, where all you could see was the barrel of a gun, shooting humans, like a video game. A village kid from Egypt who has never seen an Xbox could not produce that. It's foreign fighters who have this digital expertise.

The youths attracted to IS are who you'd want in your society. They think outside the box, have drive and a sense of social justice. They're not motivated by money or power. They want to make the world a better place, but the vehicle they are using has a crappy ideology.

If we could turn IS converts around, they would dissuade others from joining. The ones who come back need to be prosecuted, but while in prison they can be helped. All it would take is for one former IS fighter to speak against the organisation to achieve a lot.

Maajid spent six years in an Egyptian prison for his crimes. He co-founded Quilliam, a think-tank to counter the causes of Islamic extremism. He is Lib Dem candidate for Hampstead and Kilburn by a reformed Jihadist

Take a picture

FHM snapper-extraordinaire Danny North on getting a perfect snap

"With camera phones, turn the flash off. Natural light always looks superior. Always."

"The Rule of Thirds sounds complicated but it's very important. Divide your screen into three sections - horizontally or vertically - and use those thirds to frame the picture. It makes things look more cinematic."

"Zooming on a camera phone is always a bad idea. It's a digital zoom - it doesn't actually zoom, it just crops. You're better off taking the photo and cropping it using an app."

"Megapixels mean nothing. What you need to look at when buying a camera is how well it performs in low light."

"Thinking about light can change a photo from being terrible to being amazing. If you're taking a picture of a mate and the sun is behind his head, it will almost certainly leave him in shadow."

Don't forget you can move your feet."

"Look for a new perspective from what everyone else does. So, if you're at the Eiffel Tower go in close and pick out the details. Get down low, get your knees dirty, climb stuff. Get stuck in."





Make a kick-ass computer game

by an app

genius

Simon Read, from Woburn, Bedfordshire, single-handedly created the smartphone phenomenon New Star Soccer. In 2013, it beat FIFA 13 to win the BAFTA for Sports Game of the Year.

When I left university I had no idea what I wanted to do with my life. I had studied English, but really I wanted to get into programming which had been a hobby of mine as a kid. So I bought a PC, picked up some books and started teaching myself to code. I wrote a simple manager game for the 2002 World Cup on the PC. But I had a better idea.

I was fascinated by David Beckham and the rise of the superstar footballer.

Players in the early Premiership era were becoming millionaires overnight. I wanted a game that delved behind the scenes of football and looked at the life of the player; getting into trouble with his manager or popstar WAG. I was initially trying to create something along the lines of *Flick Kick Football*. Within four months I had the whole game in place. I called it *New Star Soccer* (NSS).

I developed newer versions. Then I incorporated more add-ons, from sports cars and yachts to the ability to buy new football boots and energy drinks (for real money) to improve your player. That's the secret of the game's success. The role-playing side

appeals to people. In the space of a few years, 200 users turned into a million. To date, NSS has had over 11 million downloads.

Winning the BAFTA for Best Sports Game in 2013 was an incredible but surreal moment. I mean, I

beat huge-budget games with state-of-the-art graphics. Seeing them on the big screen when the shortlist was read out, then seeing the basic graphics of NSS seemed ridiculous. But the judges thought my game was better. My spine still tingles thinking about that night.

The truth is you don't need state-of-the-art graphics to create an amazing game.

A great idea and smooth gameplay is the key to success, not polish or marketing. You can do it on a shoestring, as NSS has proved. Tom Cleverley is the highest-profile player who I know plays the game. I like to think other footballers play too, but I've no way of knowing for sure.

I have to go. I've been challenged to a game of *Pro Evolution Soccer* and I never turn down a gauntlet. Such is the life of a computer game designer, I suppose. **FHM**

DIY

Simon's 3 Tips

"There are lots of tools for building apps out there, but find one that suits you and the game you want to build. A lot of people use Unity, which is great for 3D projects but might be overkill for your needs. I use Monkey X which is a lot simpler and perfect for 2D games."

"Start with small ideas and grow them. It's hard enough to complete a project at the best of times, so big ideas should stand on the shoulders of smaller ones."

"Most importantly, work on projects that you are passionate about. Don't look for a gap in the market, just make something you are proud of. If you love it then other people will too."





PRIDE, PASSION AND PODIUMS

Locally built Toyota Hiluxes return from Dakar as heroes.

By John Page

Leaders after stage 1 with another string of stage wins towards the end of two relentless weeks of racing, Toyota Gazoo Racing continued to assert its legendary consistency and reliability by taking second and third at this year's Dakar - the world's toughest off-road rally raid. Characterised by inhospitable climates, over a thousand kilometres of timed racing, obscure navigation waypoints and severely punished mistakes, Dakar sees months of testing and development enter a high-pressure cauldron with an alarming rate of attrition for all competitors. Only the very best make it to the finish.

For Toyota the annual race represents a synergy to prove Hilux's credibility as the world's toughest bakkie with a motorsport stamp for South America's proving grounds: the highest sand dunes in the world, washed-away ravines, narrow canyons and fesh fesh - a light powdery dust that shrouds the road ahead often causing catastrophic high-speed accidents.

March 2018 marks the fiftieth anniversary of the indomitable Hilux, a bakkie that outsells its competition in South Africa nearly every month. And while Toyota has its roots in Japan, the Dakar Hilux carries a very colourful South African presence. For it is here, a workshop in Kyalami to be precise, where each racing Hilux is developed and prepared.





The Dakar Hilux bears strongly to the original 4x4 production version on the outside but every conceivable gain in performance has been unboxed within the rules. There's a Lexus-derived V8 under the bonnet, suspension travel soaks up boulders and cushions the landings and unnecessary weight cleaved from its body to meet the minimum weight target while still offering driver protection.

With an experienced driver and navigator line-up consisting of past winners and armed with the fastest evolution of Hilux ever built, the competition was right to be worried. In the build-up to Dakar, the Toyota Hilux had dominated earlier rally events - success that would not have gone unnoticed by Peugeot and MINI.

But speed alone never wins Dakar and even the best preparation can still end up in disappointment. Toyota applied the early pressure by winning the first stage. By the end of day 4 the Hiluxes were running impeccably near the front in what was establishing itself as the hardest Dakar since being hosted in South America.

At the halfway point a series of small misfortunes delayed the front-running Hiluxes but at the same time two of the Peugeots dropped well behind due to an accident and difficulty in the dunes. The

locally-built bakkies were forcing bigger-budget rival teams into mistakes with flawless performances that threatened to deny Peugeot a final victory. Peugeot's tactics turned defensive, using the other cars as support for its lead driver while Toyota closed in with every car that started the race still within a shot of victory.

The rest of the race, beneath the contrast of tactics, was a fascinating game of cat and mouse with Toyota drivers taking turns to attack the leading Peugeot in the vestiges of those tense kilometres. In the end though Carlos Sainz driving the 3008 Peugeot drew on years of experience, content to shadow his rivals and control the bleeding of time as Peugeot bowed out of competition on a high.

The South African Hiluxes endeared themselves to a new group of fans - something of an underdog tag that elevated a little corner of South Africa's motorsport inner circle to the world's biggest off road fraternity. Next year they will return to Dakar as favourites, recognised as the team everyone will want to drive for. The world's fastest Hiluxes will roar into life again, zig-zagging in SA's National Off-road championships, emboldened by last year's result and in search of that first Dakar victory.



Kiera Ribeiro

Brunette bombshell with a flair for fitness and making men weak in the knees.

Tell us a bit about yourself, Kiera.

I am a Brazilian model who is of both European and South American decent. I have travelled all around the world and my passion is seeing new places and meeting new people. Throughout my modelling career, I have been fortunate enough to pursue other interests of mine including fitness and entrepreneurship.

What would you say are your strongest skills?

I am a versatile model who is capable of doing everything from bikini and glamour to fitness and beauty. In addition to that, I am a trainer with practical skills in health wellness and nutrition. I also speak three languages fluently. Besides that, I am an expert at making men's heads turn on.

When did you start modelling?

I began modelling in my teens when I realised that I had a real passion for fashion and beauty. I got started as a way to challenge myself to be the best version of myself that I could be. I began doing some runway and print modelling before moving on to other types.

**How did you learn, and with who?**

I am mostly self-taught, although throughout my career I have worked with amazing photographers, make-up artists and other models who have taught me things along the way.

Why did you choose this as a career?

I decided early on in my life that I wanted to pursue a career that would continually challenge me. I also knew that if I worked hard, I would be successful in this industry. Throughout my life I have also been intrigued by design and artistic things, and fashion and modelling has given me the chance to keep up with emerging trends in this space. Besides that, modelling requires me to keep in great shape so I am able to maintain a very healthy lifestyle with proper nutrition and regular exercising as my job requires that.

Who influences you?

I have too many to name, but some of my influences include Cindy Crawford, Adriana Lima and in the fitness industry, Michelle Lewin and Anita Herbert.

What have you accomplished so far?

So far, I am proud to note that I have been on the cover of numerous international editions of both Playboy and Maxim in addition to other modelling work like commercials and lingerie catalogues. I have also had some offers to host promotional events and cocktail parties - and I will start doing that as well in the early future.

Do you have plans for the future?

I have been focused on fitness and living and promoting a healthy lifestyle. I am obtaining a license to begin personal training with the goal of opening a gym that will cater to all types of people who are interested in bettering themselves. I would like to do online coaching in a few years and helping my clients to get into better shape by recommending proper diet plans with my body transformation programs together. I would like to spread my love for fitness and healthy lifestyle and would like to help my clients to get into better shape, thus becoming healthier and more









Learn how to do it yourself

Get some solid man skills and transform yourself into a home-making genius...

Let DIY guy and Furniture maker Scott Stannard teach you the ways of the workshop. Here's Scott's 101 guide to turning yourself into a tool-ed-up tinkerer

01

PACK OUT YOUR TOOLBOX

"You don't need to buy everything at once, but you do need the basics. Start by getting yourself a decent set of screwdrivers in different sizes and types, an adjustable spanner, claw hammer, tape measure, a drill and most importantly, a pencil. The drill will be your biggest expense but you should think of it as an investment. Once you have these in your toolbox you're pretty much set to fix anything."

02

DON'T BREAK THE BANK

"Kitting yourself out with a top-flight tool kit might seem like it's going to be expensive but it doesn't have to be. The price of tools only ever comes down and you can get loads of bargains with second hand stuff if you know what you're looking for. As long as you keep them in good nick and look after them properly, most tools will last you an entire lifetime."

03

HAMMER TIME

"It's easy to assume that a hammer is just a hammer but if you get a decent one it'll save you a lot of agro in the long run. It's definitely worth forking out if you can afford to. The expense of it comes in the handle, which takes the shock out of hitting something for a long time. An expensive hammer is designed so that if you wanted to, you could use it all day and you won't have an achy hand afterwards."

04

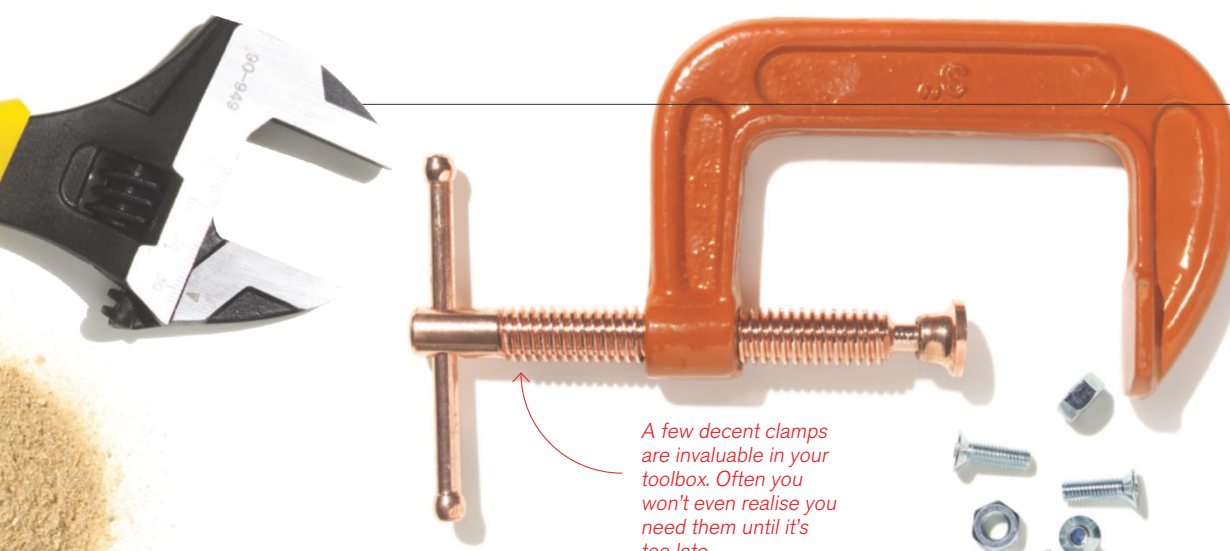
FOLLOW THE RIGHT LINE

"Everything goes in a straight line and nothing meanders. If a socket is on the floor, the cables will go down. Switches on the wall? The cables will go into the ceiling. Know all of these basics so you don't do something stupid like hanging a picture above a light switch."



An adjustable spanner that feels comfortable in your hand and isn't hard to adjust will last you a lifetime





A few decent clamps are invaluable in your toolbox. Often you won't even realise you need them until it's too late...

06

SAVE THE BEST UNTIL LAST

"Whenever anybody does up their house they always start with the room that they like best, which invariably always ends up looking the worst. By the time you've done the last room you've had a bit of a practice and tend to do a better job. Build yourself up to the thing you really want to achieve. By the time you get there, you'll be amazed at the difference."

07

KNOW YOUR LIMITS

The rule to remember is "like for like". You can replace something like a plug socket but you can't move it somewhere else without it being signed off by a qualified electrician. Anything gas related needs to be done by a registered gasman. Even if you know how to do it yourself it'll still need to be signed off by a professional. It sounds like a ball ache, but this is what stops you from drilling through a wall and electrocuting yourself.

08

REAP THE REWARDS

"I read that statistically, the most rewarding job out there is being a hairdresser. You've got someone being creative, quickly, with immediate gratification and payment. DIY should be up there in the same way, the only difference is that it can take slightly longer but it's every bit as rewarding. There's a lot to be said of the way that you sleep after doing a day of hard labour."

05

GET A GOOD CATALOGUE

"Most shops have brilliant catalogues that you can use like a big encyclopedic DIY glossary of terms. It can be daunting walking into a shop when you don't know what everything is, but even the pros don't know what absolutely everything is called. Use the catalogues to find out anything they don't know."



You can get a drill that'll do everything you need, along with drill bits for around R1900



Are you a DIY disaster waiting to happen?

☐ Step one of fixing something is calling your dad.

☐ You think a spirit level is a *Skyrim* reference.

☐ All of your tools come from Christmas crackers.

☐ Hammer time is just a really dated song.

☐ If someone asked for a Phillips screwdriver, you'd ask: "Who's Phillip?"

☐ The last thing you built was made of Lego.

☐ You've googled 'How to hit a nail properly'.

☐ You're intimidated by men in DIY shops.

☐ You don't own a screwdriver but you have the ingredients to make one in your fridge.

☐ Ready to assemble furniture is like solving a Rubik's Cube.

Score 1-3

You could do with some help, but Handy Andy would be proud.

4-7

You're not incompetent but you are dangerous.

8-10

Your hands are soft and you're useless.

Can one man find romance in Dublin?

The Irish capital is pitching itself as the new Paris. We sent *FHM* writer Jordan Waller to sample the romance... on his own

Know before you go

Travel

British Airways offers return flights from around R8 000.

Stay

Pricing for rooms at The Westbury hotel starts at around R3 500.

Drink

A pint of Guinness will set you back R80.



Get down on one knee at the Ha'penny Bridge

The sun is slowly sinking into the River Liffey, Irish accents are drifting from nearby restaurants and there's a bridge glistening with padlocks left as tokens of undying love says Jordan. This is truly romantic. Even on my own with couples around me, I feel compelled to run through my ideal marriage proposal aloud to myself.

WHO KNEW A GROWN MAN
COULD HAVE SO MUCH FUN
IN A DRESSING GOWN



Romantic suite for one

Walking into *The Westbury Hotel*, you'll be bowled over by top-hatted doormen, four poster beds scattered with rose petals and a carpet so lush it hugs your feet. I can't imagine a sexier setting that doesn't exist outside a Mills & Boon novel. It's like *Pretty Woman*. The same thought (but different sentiment) probably also runs through the minds of the front desk when I explain that there isn't a Mrs Waller sharing my magnum of Champagne because I'm here solo. Prices start at R3 500 for one night, breakfast included



Romance your date with the help of Dublin's finest....



James Joyce

Author of the Irish epic *Ulysses* and one of the most influential Irish writers ever.

Say:

"You are my only love. I know and feel that if I am to write anything fine and noble in the future I shall do so only by listening at the doors of your heart."

She'll think:

You're like a wordy version of Ryan Gosling.

Gorge on poetry and food

The Winding Stair (named after the Yeats poem) is an old bookshop downstairs, but upstairs it's the type of eatery that couples suggest to their other loved-up pals over Sunday brunch. Though the patrons were a nice bunch; I got many a sympathetic nod as I was sat on my own with a newspaper.



Get a cut throat shave in a man cave

If you want to make yourself feel a little bit better about being alone, you can't go wrong with a trip to Grafton Street Barbers. Billed as the "barbers to gentlemen and their sons", they've tidied the crops of celebrities such as Morgan Freeman, Tom Hanks and Johnny Depp. And afterwards, they'll thrust a cigar and brandy into your hand like you're an Irish Don Draper. Prices start at R300 for a dry cut.

Sink a Guinness

Before you reach Ireland, every man and his Irish uncle will say you've never tasted the black stuff properly until you've done it on the Emerald Isle. Downing a solitary pint in a pub straight out of Angela's Ashes is a poetic man moment every guy should have. I drink five and consider going back to the bridge.



Oscar Wilde

The Dublin poet renowned for his wit.

Say:

"To love oneself is the beginning of a lifelong romance."

She'll think:

You're a kind of funny but selfish lothario.



Seduce your stomach

Walking distance from the centre of Dublin, the Balfes restaurant is a seductively candlelit treat offering modern takes on Irish grub. I went for the veal, which apparently sells out quicker than red roses on Valentine's Day. But I'm a strong, independent man; I don't need to worry about things as trivial as love holidays. Oh no, just give me the veal. My single portion of veal.



Bram Stoker

This gloomy author brought us Count Dracula and, as a by-product, *Twilight*.

Say:

"I have crossed oceans of time to find you."

She'll think:

You're a vampire.

WIN AT LIFE

Upgrade

EDITED BY JORDAN WALLER

Around 9% of the population have taken drugs in an effort to improve their sex life.



The 20 best *(and worst)* drugs a man can take

The world is full of tempting drugs, pills, powders and supplements which promise to upgrade your mind and body. FHM sorts the fluff from the real stuff...

Photography: Louisa Parry **Words:** Mark Bailey



Approximately 250,000 people are believed to use steroids

Approximately 250,000 people nationally are believed to be using steroids. A few years back, the legal drug scene reportedly brought in almost R1 billion in sales of all manner of mind-blowing substances that claim to make your life happier and shinier. And that's just the legal stuff: supplements, vitamins and flu tablets. The dodgier side of the market, the end that's flogging pills to ravers, steroids to bodybuilders and plant food to students, is raking in more than double. We're a generation obsessed with pumping our bodies full of uppers and downers and everything in-between that claim to make us faster, stronger, smarter, younger and party harder, not to mention a few other, even loftier promises. FHM investigates.

Best pills to pop

The bona fide stuff that, when taken right, is proven to have a genuinely brilliant affect on your everyday life. Just don't go rogue and think you're invincible...



EXERCISE HARDER!



Beta-alanine

Stay ahead of the competition with beta-alanine. The amino acid produces carnosine, used by your muscles as a buffer against fatigue. A 2008 study showed that American football players taking the drug could train longer and harder without tiring.

AVOID THE TROTS!



Colostrum

If stress causes eruptions from your gut, colostrum could plug you up. It's a powder made from the milk produced after a cow gives birth.

GET STRONGER!



Magnesium

This white pill helps build the strength needed to open any stubborn jar. Take eight milligrams per kilo of body weight daily while training three times a week for massive gains, says personal trainer Alex Russo.

Be Happier



Omega 3

This could turn you into a human smiley emoticon. It's important for brain function and mood, explains nutrition expert Charlotte Dormon. Studies show that diets high in Omega 3 make people hard-wired for happiness.

Focus better



L-Theanine

Banish a fuzzy head with L-Theanine. "If you can't concentrate and feel edgy, it's an amino acid with calming benefits," says Dormon.

CONQUER PAIN!



Glutamine

Dodge post-gym pain with a dose of glutamine. "It's the most common amino acid found in muscles and reduces aches and recovery times," says Russo.

DETOX FROM BOOZE!



Milk Thistle Extract

"The liver can rejuvenate itself, but alcohol can affect its efficiency," says Joe Warner, editor of digital fitness mag Iron Life. "Milk thistle extract prevents liver damage and improves its function."

Pedal Further!



Beetroot Juice Extract

This purple root contains nitrates which help to open up blood vessels, delivering more oxygen to muscles, so you can pedal faster for longer. One dose can increase a cyclist's time to exhaustion by 17.2%.

CRUSH HANGOVERS!



Vitamin B12

Smash through the hangover from hell with Vitamin B12 which help boost your energy levels.

HAVE BETTER SEX!



Zinc

To boost your sexual performance, make sure you get enough zinc. "It builds testosterone and maintains fertility," says Dormon.

Can one pill cure all of your work worries?

Nick Pope is *FHM*'s most stressed man. We see if L-Tyrosine can solve all his troubles...

10am

"It's deadline day. My tube was delayed. Stress levels have peaked so I pop an L-Tyrosine."

11:30am

"I head to a product photoshoot and notice that I don't feel the need for a cigarette. Am I less stressed?"

1pm

"Photoshoot is running late but thus far I've not felt the need to smoke or pace the floor once."

2pm

"I can't decide if I'm reacting to a placebo or genuine science, but I'm definitely not losing my mind."

BEAT STRESS!

L-Tyrosine

If you're frazzled, grab some L-Tyrosine; it boosts brain chemicals called neurotransmitters. Studies show L-Tyrosine can elevate moods and reduce stress, enabling you to surf high-pressure scenarios all day long.

NEVER FEEL HUNGRY!

Psyllium

Cut out snacking by stocking up on Psyllium husks. They're high-fibre, making you feel fuller for longer says Russo. The average daily fibre intake should be 18g. Hit the magic number and put hunger pangs to bed.

BUILD MUSCLE!

Whey protein

Muscles are constructed out of protein the same way Lego spaceships are built out of tiny bricks. "Whey is a protein that gets into your bloodstream fast; perfect after a work out when it can be quickly shuttled to your muscles," says Warner.

BUILD POWER!

Creatine

Power – not strength – is what helps you sprint and jump like a superhero – and creatine will help you get it. "Athletes use it to increase power output and muscular size," reveals Warner.

Remember more!

Lecithin

To develop a Wikipedia-esque knowledge of facts and stats, this is the best supplementary source of choline, which is needed to make Acetylcholine – a vital neurotransmitter for memory – so you will never shame yourself in the pub quiz again.

BEAT FLU!

Probiotics

"These are the friendly bacteria that live in our intestines and boost immunity," explains Russo. "If you're ill or have been out boozing, these little fellas will help you."

GET BONES OF STEEL!

Vitamin D

The National Institute for Health and Care Excellence (NICE) say that there is a huge deficiency in Vitamin D – which is crucial to absorbing calcium.

Run Further!

Ferrous sulphate

British triathlon star Jonny Brownlee takes this one to optimise his training. A component of haemoglobin, iron aids the transport of oxygen in the body, helping you train to the limit.

GET RIPPED!

Calcium-HMB

It sounds like posh toothpaste but this next-gen muscle supplement increases muscle mass, fat loss and develops strength in both gym rats and couch potatoes.

BURN FAT!

L-Carnitine

To help you zap blubber, try supplementing with L-Carnitine. "It transforms fat into energy," says Dorman. Take it an hour before training to burn more fat during exercise.

3pm

"Instead of hitting the mid-afternoon slump, I'm energised and smashing through work."

4pm

"My productivity has peaked and my stress levels are lower. I do, however, feel exhausted."

5pm

"It's like I've traded in worry and angst for hard work. It's definitely benefited my day but being competent at my job is certainly tiring."

7pm

"Go for a drink after work and whilst I'm bloody shattered, I feel no urge to moan or talk about work. Result."

8pm

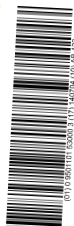
"I'm two and a half drinks into my evening and feel far drunker than I should. Is this me being maximum relaxed or a side effect of the pills?"

11pm

"I stumble home after my fourth drink. Now the only stress I have is worrying about how I'm going to feel at work tomorrow. Don't drink and do drugs."

Safety not guaranteed

They say 'what doesn't kill you makes you stronger' but when it comes to this lot, you should probably take that old wives tale with a pinch of salt, not ketamine...



KILLER STIMULANT!

Mephedrone

Mephedrone - or Meow Meow - is a synthetic stimulant which promises a state of euphoria, but has been linked to multiple deaths.

ADD MUSCLE. NOT FAT!

Maltodextrin

"This weight gaining supplement is loaded with carbs, so it's big on calories but low on nutrition," says Russo. "People complain it upsets their digestive system, causing gas and bloating."

Lethal energy!

Methylhexaneamine

Used illegally by some athletes to raise their energy levels, methylhexaneamine can have lethal side effects such as cardiovascular problems.

Modafinil

The so-called 'smart drug' is used by one in five students but research shows it raises blood pressure. Watch *Eggheads* instead.

No Brain Gain!

Mental visions!

Legal highs

Just because it's not been banned yet, don't think it's safe. Clockwork Orange, Mary Jane and Bliss have been linked to poisoning, hospital admissions and deaths. Experts say fatalities from legal highs could overtake those linked to heroin.

Toxic TOP-UP!

Vitamin A

Vitamin A is crucial for growth, immunity and vision. "But excess dosages can accumulate to toxic levels," explains Warner.

LSD

Commonly known as 'acid', LSD is a powerful hallucinogenic. Great for psychedelic prog groups in the 1960s, but bad trips can result in heightened paranoia, nasty mishaps and even self-harm.

LEGAL RISKS!

Cannabis

Although cannabis is the most widely used illegal drug, don't kid yourself into thinking it is safe. Those friendly leaves can ramp up your anxiety and knacker your sperm count.

Weed worries!

deadly High!

Ecstasy

This energising drug can cause heart, liver and kidney problems, and lead to depression, but no one knows the long-term effects.

Fake tan fools!

Canthaxanthin

Tanning pills contain canthaxanthin - a dye similar to the chemical additive which makes carrots orange. If becoming human rabbit-food doesn't put you off, it's also been linked to eye damage, diarrhoea and dry skin.

HORSE SHIT!

Ketamine

This anaesthetic can give a mellow high, but the fact it's used to sedate horses should trigger alarm bells. The drug can also raise blood pressure, cause abdominal pain and spark urinary problems so severe users have had to have their bladders removed.

Approach with caution

The lowdown on the drugs that are filled with nothing more potent than empty promises and dodgy side effects. As useful as a waterproof sponge....



Green Tea Extract

Small doses help zap belly fat, but Godzilla-sized hits destroy weight loss. "High amounts keep your heart rate up which increases stress hormones, causing your body to store fat," explains personal trainer Ben Camara.

BIG GREEN MYTH MACHINE!

STERIODS AIN'T MACHO!

Steroids

You might have read that steroids help you build muscle and morph into an Alpha Male, but they can lead to erectile problems, man-boobs, hair loss, acne and shrunk testicles.

Raspberry Ketones

They make juicy raspberries smell nice, but are a stinking fart of a fitness supplement. "There is no evidence to suggest they can aid fat loss in humans," says Russo. Go for a 5k jog instead.

NOT BERRY GOOD!

CAFFEINE DOESN'T WORK!

Caffeine

"Supplements high in caffeine get you charged up then your energy levels crash, so in the long run they just make you impatient and edgy," says Dormon.

BILOBA BULL!

Ginkgo Biloba

In traditional Chinese medicine, leaves from the ancient Ginkgo Biloba tree are used to boost memory – but a 2013 study disproved it.

Reality Bites!

Resveratrol

The cancer-beating, heart-protecting drug would be amazing – if it worked in humans. "The stomach doesn't allow the active compounds through," explains Dr Close.

Acai Fantasy!

Acai

There's a lot of talk about Acai berries having 'amazing' weight-loss qualities. But according to the US National Center for Complementary and Alternative Medicine, there is no scientific evidence that they burn fat quickly at all.

Testosterone myth!

D-Aspartic Acid

"D-aspartic acid causes a small increase in testosterone, but it's physiologically irrelevant in sport," says Dr Graeme Close.

SUGAR-FREE GUT-BUSTERS!

Sucralose





"Sucralose is a sweetener loaded into sugar-free drinks," warns Russo. "But one study found that a group drinking water with sucralose displayed 20% higher levels of insulin – a hormone which promotes the storage of fat."



FHM's go-to
scent smeller

Can a hot girl guess the scent?

Last year, celebrity fragrances raked in over R10 billion. We got FHM Girlfriend Lois to give the best-selling star-powered smellies a whiff.

Celeb	The lowdown	Lois's test	Celeb guess	FHM's verdict
01  Antonio Banderas: The Secret R456 (100ml)	The spicy composition from the suave Spaniard that rebooted <i>Zorro</i> and, erm... <i>Puss in Boots</i> .	"This is the smell of someone who spends too much time in nightclubs and doesn't stop pestering you. If you bought this you'd probably bathe in it."	 "Probably Dapper Laughs or someone that thinks they're a bit of a 'lad.'"	The scent of an overbearing lothario getting all up in your girlfriend's grill on a crowded European dancefloor. 2/5
02  David Beckham: Classic R575 (90ml)	The smell of Britain's favourite left foot and arguably one of the most important style icons of the last decade.	"I really like it but it's maybe more like something I'd wear – it's slightly effeminate, but it does smell expensive."	"It must have been made by a female celebrity, someone classy... Keira Knightley?" 	The metrosexual smell for the modern man that's every bit as comfortable in a sarong as they are in a tuxedo. 4/5
03  Rihanna: Rogue Man R998 (100ml)	Sassy pop queen Rihanna's fifth fragrance but the first aimed at men. RiRi calls it a "dream come true" for your nostrils.	"Wow, it's pretty strong, I think I'm going to sneeze. It's like pastry stirred up with potpourri. It's weirdly clinical like ladies' shower gel."	"It's not a man of the world... it's too sickly and cheap. I'd probably say One Direction." 	RiRi's fragrance has gone so rogue it's practically fallen off the grid of good taste. 1/5
04  Usher: Usher R540 (100ml)	The celebrity scent so good, Usher named it after himself. Or as creepily enthusiastic Amazon reviewer Zander describes it: "sex in a bottle".	"This is my favorite. It's citrus-like and delicious. It smells really sexy. I'd be impressed by this."	"It's really fresh, maybe a beachy, surf guy or someone cool that plays sports. Beckham?" 	Sure, it's packaged in a cheap bottle and Usher hasn't had a relevant hit in a while but when it comes to smellies, he's king. 5/5

Winner!

PHOTOGRAPHY: MARCO VITTORI; MODEL: LOIS GASKIN; GROOMER: MAKE-UP: EMILY SILVERSTONE; BLINDFOLDED FROM ANNSUMMERS.COM; USHER: AMAZON.COM; THE SECRET: ALLEBEAUTY.COM; CLASSIC: GOUTS.COM; ROGUE MAN: PEFHIMESHOP.COM

denim fashion

Introduced in 1873, denim jeans have since become a staple in many a wardrobes. We've since seen the fabric evolve past being just a pair of trousers into shirts, shoes and jackets, and continued to watch on as denim on denim pairing become a favourite trend in the 90s. This trend has since stuck and we still can't let go. Check out how we pair similar and different shades this season to keep you covered over the season.

By Lexi Robb Photography by Kirsten Ho Photography
Grooming by Vanessa De Freitas

SHIRT: TOPMAN R698
PANTS: TOPMAN R849
WATCH: BREMONT R65 000



SHIRT: H&M R429
PANTS: H&M R429
BELT: Aldo Man R499
SHOES: STEVE MADDEN R1 499
WATCH: RADO R61 900



SHIRT: TOPMAN R698
SHORTS: TOPMAN R599
SHOES: ALDO R1 299
WATCH: RADO R63 900



PANTS: H&M R429
T-SHIRT: TOPMAN R149
JACKET: SCOTCH & SODA R4 799
SHOES: H&M R529
WATCH: RADO R25 800





SHIRT: H&M R429
PANTS: COTTON ON R399
SHOES: ALDO R1 499
WATCH: ORIS R24 000



JACKET: BRENTWOOD
T-SHIRT: TOPMAN R149
JEANS: COTTON ON R599
SHOES: STEVE MADDEN R1 499
WATCH: BELL & ROSS R47 000

True story:

“I found three men dead. One in a puddle of blood, one under a bed and another in a prayer.”

PETER STANDS WITH THE TEAM CALLED IN TO HELP CONTROL THE EPIDEMIC



Dr Javid Abdelmoneim, 35, is an A&E doctor in London. In September 2014, he left his day job for four weeks and journeyed with Médecins Sans Frontières (MSF, also known as Doctors Without Borders) into the heart of the Ebola outbreak in Kailahun, Sierra Leone. When Javid arrived, there were 4 560 reported cases; a figure that doubled within a month, making the Ebola crisis one of the biggest medical emergencies of modern times. This is his story...

“IN MONROVIA, THE CAPITAL OF LIBERIA, THERE ARE SO MANY DEATHS THAT PEOPLE ARE LYING DEAD IN THE STREETS. Remember when we had mad cow disease and they were incinerating all of the cows? Think about how big that incinerator was. Médecins Sans Frontières had to import that very incinerator to Monrovia to deal with the bodies. When you're doing that, it's a catastrophe. These are people. Your brother. Your aunt. Your uncle. Being thrown in a cow crematorium incinerator. Can you imagine if this was happening here, in Britain? What the uproar would be like? “The Ebola virus is transmitted through body fluids, so even your sweat and your tears will have virus in it. And if your loved one is sick in Sierra Leone or Liberia, you don't take them to a hospital. You nurse them at home, they vomit, you clean it up, you touch your eye,

and you've transmitted it to yourself. That's how it spreads through clusters of families. Sometimes it kills them very quickly and sometimes it kills them slowly. Some of them ooze blood. Not a violent haemorrhage, they just ooze a lot of blood. “It's probably to do with the overload of the viral infection but it's never been properly studied. You suddenly get overwhelming clotting in your blood on a microscopic level, which sucks up all of your clotting factors. Then your blood just starts to bleed irreversibly. It can't clot itself, so it starts oozing from your nose, eyes, genitals, gums and any open wound. It can be quite nasty. When you see someone crying blood, it's pretty awful.”

“ON MY FIRST DAY WHEN I ARRIVED IN SIERRA LEONE, THERE WERE TWO ONE-YEAR-OLD CHILDREN. A girl called Warrah and a boy called Alpha. They both tested positive

at the same time. Warrah slowly got better, Alpha got worse and he died. He was the first person that I saw die painfully, looking distressed and scared. He was so young. I remember them both so clearly. What made the difference? Why did this one survive and the other didn't?”

“WE WOULD RECEIVE ANYWHERE BETWEEN SIX TO 15 PATIENTS A DAY. They'd be picked up in ambulances that would drive across the country to get to us because there were no other centres. The patients that came had been in an ambulance for 10 hours. You would regularly find a dead body when you opened the door. Often people are lying down on the dead body. Can you imagine lying in the back of a truck like that? These are not ambulances in London, these are Toyota pick-ups. That's six to 10 people in a Toyota pick-up, 10 hours cross country





MEN AND WOMEN WERE FORCED TO MAKE GRAVES FOR OTHER FAMILY MEMBERS



JAVID HOLDS A SMALL CHILD IN THE MIST OF THE CRISIS

on an Africa road. People vomiting, people with diarrhoea, often a dead body covered in blood. People are being herded like that, it's inhuman." "When you see kids over here walking down the street effing and blinding with their first-world problems, I just wish they could see some of these things. They should really appreciate that they can walk down the street, go to a hospital, get free health care. I wish everyone in the UK could see some of the things I've had to see and appreciate how good we have it here."

"ONCE I FOUND THREE MEN DEAD ON THE SAME DAY. One on the floor in a puddle of urine and blood, one under the bed and another in the prayer position - it was Friday prayer. He was facing Mecca, in a prostrate position, the position Muslims pray in, dead. I mean, bloody hell. Some patients really do die ultra-suddenly like that. Like

Warrah's father, who died in a similar way in the shower. This is a person who was well enough to walk to the shower and was able to start washing themselves. Then suddenly, they dropped dead." "When we broke protocol and declared Ebola an epidemic in April, the World Health Organisation had a public argument with us on social media saying we didn't have the right to do this. And what do you know, it then took them until August to actually declare an epidemic. And now, where are we? We said that in April. But no one listened."

"I WAS WITH EBOLA PATIENTS AND A MONTH LATER I was walking through London, been on the tube, been on the buses, been to supermarkets. That's a very sobering thought. Imagine I was sat next to you when you were reading this article; would you stand up and move away or would you shake my hand? I've

had two very close friends ring to say, "Welcome home but we're not going to see you for 21 days", and they're not doctors. But I was never quarantined. I had to self-monitor and check my own temperature twice a day. I was even in contact with Public Health England and they sent me some funny little chlorine and biohazard things. It's almost comedic."

"EVERYONE ALWAYS CARES LESS ABOUT A PROBLEM WHEN THEY THINK IT WON'T EFFECT THEM. But Sierra Leone is one flight away. It isn't that far. It could affect you. How do you know? West Africa has never had Ebola before ever. And it suddenly arrived. Why couldn't it arrive in London? We have everything good here and we should never take it for granted. But it can all fall apart very easily." **FHM**

What happened next?

01 Since November 2014 there have been more than 14,000 cases of Ebola recorded across Guinea, Liberia and Sierra Leone. It's also been reported that 5,165 of the cases have been fatal.

02 The virus has been confirmed in seven countries around the world with the highest concentration of cases happening in West Africa.

03 Javid has since come through the 21 day period of likely infection and is due to return to Africa alongside the Médecins Sans Frontières.

The bloke test



This month's challenger...

WILKINSON

Can Britain's brightest drum and bass DJ pass the most manliest of tests?

01 What's the biggest thing you've set on fire?

When I was younger, my cousin's house had a 12-metre tree in the garden. We were blowing up aerosols underneath it during the day, but at some point during the night it caught fire.

Bloke ✓

02 What's in your pockets right now?

I'm in my flat and just have pants on so, err, nothing. Normally I'd have car keys, a lighter, my phone and my wallet.

Bloke ✓

03 What's your absolute favourite smell?

If I'm hungry, chicken goujons drive me crazy. Either that, or petrol. It's probably from when I had a moped when I was 16.

Bloke ✓

04 What's the biggest sandwich you've made?

I made a 60cm (2ft) bacon and salami baguette once. It was one of those mixed meat packets that you just shove in. Oh, and I did a Man v Food-type thing with this guy called Big Lou. We ate a 2ft long catfish goujon. There's a video of it online.

Bloke ✓

05 Have you fired a gun?

I've got a BB gun that I use to shoot rats and grey squirrels with. We've got a

bird feeder and if they come on that then I shoot at their feet. It doesn't do any damage but it freaks them out and they fall off.

Bloke ✓

06 Have you ever cupped then smelt your own fart?

No I haven't. I know certain people who've farted in bed and then pulled the sheets over their girlfriend's head. It's called the Dutch Oven.

Not bloke ✗

07 What sort of manly nicknames have you had in your life?

Silky Wilky. That's what my brother's mates call me. They've been calling me that for about seven years now.

Not bloke ✗

08 Have you ever killed and then eaten something (not including fish)?

Lobster technically is a crustacean, right? My friends and I stole a lobster from a lobster pot in the sea. I had to stick my hand in and let it grab hold of me, which is painful. We were camping and it tasted wicked.

Bloke ✓

09 Have you ever pooped in hole that you've dug yourself?

I don't know why you'd do that, you could just have

a poo on the ground? I've done that my time, but I've never dug a hole.

Not bloke ✗

10 Have you ever rescued an animal?

I've rescued a few hedgehogs. They were stuck out in a bush in the middle of the day and they're nocturnal. I felt good after that.

Bloke ✓

11 Have you ever had a spectacularly successful session of DIY?

I used to work at a garden centre as the maintenance guy, so DIY was my job every day. I used to buy seats, do them up and make them look old and sell them on. You basically buy an old seat for R300, paint it, distress it, then sell it for about R3 000.

Bloke ✓

12 Have you ever shaved part of your body other than your face?

Every couple of weeks I trim 'down there'. I don't want them to get too out of hand. You might lose stuff in there. I wouldn't shave my chest or anything though.

Bloke ✓

13 Do you own any coloured jeans?

Nah, I wear black jeans. I used to own some white jeans but they were too much of a ballache to

clean. I actually gave them away on Facebook, and some guy climbed a mountain in them for charity, which was good.

Bloke ✓

14 Who's the last girl you spoke to?

My mom. I speak to her every day. You've got to catch up and make sure she's all good, you know.

Bloke ✓

15 Have you shotgunned a can of beer?

Yes, but unsuccessfully. It kind of exploded in my face. But I can down a can of beer in 20 seconds.

Bloke ✓

12/15

A sterling effort Silky Wilky. A few more cupped farts and you're there.

GET A CUT THROAT SHAVE

The blokiest blokes don't bother with plastic razors. That's why the 'shavette' razor from The Bluebeards Revenge, with disposable double-edge razor blades, is perfect for the manliest of beards.



BLUEBEARDS-REVENGE.CO.UK

THE FINAL COUNTDOWN

8 THINGS YOU ONLY DO IN FRONT OF A GIRLFRIEND AFTER SIX MONTHS



PICK YOUR NOSE

You wouldn't blatantly de-bogey yourself in front of your girlfriend, but you will risk picking your nose while she's not looking. And when she catches you knuckle-deep in nostril-gunge, you'll both pretend it never happened, and that the end of your romance didn't just begin.

07

HAVE A BATH

Having a shower is manly: you're standing in a red-hot rainstorm. A bath, however, is not something that a fully-grown man should do in front of a woman during the early stages of their relationship. Jesus, just look at you, with your soothing Radox bubbles, and your little flannel, and your unruly cock and balls swaying about the place. Unless you're a weather-

beaten oil-rig worker who's just returned from a gruelling six-week shift, steer well clear of tubs.

06

ATTEMPT A POTENTIALLY IMPOSSIBLE TASK

During those first six months, you're looking to give her the impression that while you're a freakishly strong he-man capable of lifting 20 times your own body weight, you're also lovably humble, and don't wish to

show off your incredible brawn. That's why you didn't offer to help her grandpa when he couldn't get the lid off that jar of pickled onions. It certainly wasn't because you were afraid you wouldn't be able to do it either, and you'd look like a flimsy-armed weakling. Good gracious no.

05

REVEAL YOUR LOVE OF LOWBROW CRAP

You have 24 Taylor Swift songs on your phone; you've seen every single episode of *Geordie Shore*; and you've paid actual money to sit in a cinema and watch a *Transformers* movie, not once, but twice. Of course, none of this is information you'll share during the wooing stages, when you're trying to give the impression that you're a cool, cultured hipster who's definitely not into watching *Storage Wars*.

04

EXPERIENCE REAL PAIN

You still feel pain during those first six months, but you'll shake off any injury like you're a US marine in an '80s action movie. Electric shock from the toaster while making your girlfriend crumpets? You may want to curl into the foetal position, but you'll simply wince, chuckle and blow on your fingers a little before scuttling off to the bathroom to wipe away tears and bite down hard on your lip.

03

SPIN AN ELABORATE LIE

Only when you're deeply in love and completely at ease with someone is it

possible (or necessary) to spin them an elaborate web of bullshit while maintaining the deadpan, sincere expression of a psychopath lying during a murder trial.

02

ADOPT UNFLATTERING POSES WHILE NAKED

In the early stages of a relationship, you seek to remain suavely irresistible at all times, particularly when nude in front of your lady friend. That's why you'll avoid bending over and giving her an eyeful of bumhole or striding around the bedroom in just t-shirt and socks. Six months in, however, and all bets are off: you're sat on the edge of the mattress, naked but for a pair of whiffy Primark slippers, knackers forlornly draped against the bed-frame as you blankly peel away strips of dried skin from your heels.

01

ADMIT TO HAVING MASTURBATED

Deep down, she knows that if you're left alone with a WiFi connection and three spare hours, you will fall prey to the sordid pleasures of porn-powered self-abuse. But during those first few months, neither of you will confront that fact. On the contrary, you might even share a joke or two about the kind of sleazeball who engages in such behaviour. Haha, those sweaty-palmed pervs, with their complete lack of self-control! Hahaaa. It's so gross. Who does that?!



MORE POWER. MORE MASERATI.

THE ALL-NEW LEVANTE S IS COMING



A NEW JOURNEY HAS BEGUN.

The wind that bears its name blows across the Mediterranean and can change from benign calm to gale force in an instant. The Maserati SUV has a similar nature, although its powerful forces always remain under perfect control.

Levante S: V6, 3.0-litre - Max power: 430 HP - Top speed: 264 km/h - 0 to 100 km/h: 5.2 sec

The data may not refer to the model represented

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